THE Sun

Tuesday, August 11, 2026 THE PEOPLE'S PAPER £1.30 thesun.co.uk

EXCLUSIVE

Louise in love split

SEE PAGE 7

RECORD FOR ONE VESSEL

NOT-SO-SMALL BOATS CRISIS

- 230 migrants on 49ft mega-dinghy
- Craft holds more than EasyJet flight
- This crossing to cost us £25m in tax

By JACK ELSOM

A RECORD 230 illegal immigrants cram on to a single dinghy heading for Britain — landing taxpayers with an estimated £25million bill.

The 49ft craft — so big we have had to picture it across two pages — carried more passengers than an average EasyJet flight.

Each of yesterday's arrivals, including at least 20 children, is estimated to cost £106,000 in legal bills, accommodation and other costs. Reform said Britain was facing a "national security emergency".

Full Story — Pages Four & Five

PICTURE CONTINUED ON BACK PAGE

FURY AT KILLERS' RELEASE

'THEY'RE SPITTING IN FACES OF COPS'

PC Harper's colleague lays into Government

By MIKE SULLIVAN, Crime Editor

ONE of the first cops on the scene after PC Andrew Harper was dragged to his death has accused the Government of "spitting in the faces of police officers".

Retired dog-handler Chris Bushnell spoke out as Downing Street ruled out an exemption that would stop PC Harper's killers getting early release.

No10's rejection means that two of the officer's three smirking killers, Albert Bowers and Jessie Cole, will be free within months – despite one of the biggest-ever public petitions demanding they be kept locked up.

Chris, 59, drove after the cold-blooded burglary gang that dragged 28-year-old newlywed Andrew, *below*, to his death in August 2019.

He told the Old Bailey how the gang tried to ram his car with their Seat Toledo before fleeing the scene to their homes on traveller sites.

Chris spoke of the pain he still endures over his colleague's death – and his anger that two of the killers are due to be freed.

He said: "When I first heard they could be let out early, I was shaking. It's absolutely outrageous.

"I am angry with them, but I'm also angry with the Government. They're spitting in the face of police officers."

Chris said the prospect of early release will impact and demoralise many officers traumatised by losing a colleague in such a violent way.

He said: "This belittles them. It makes them feel worthless."

Chris, who retired from Thames Valley Police in 2022, said he will "never forgive" Andrew's killers for what they did.

He added: "To think these people could be out within weeks is appalling. The Government has to understand that this was the death of a police officer.

"Andy did his duty that night. The least they can do is show respect."

Chris was working on a West Berkshire dog unit when Andrew was killed, and recalled having a cup of tea with him earlier in the day.

He said: "He was so friendly and always asked about the dog. He was an animal-lover, a nice lad."

Late that night Chris was alerted on his police radio about a burglary gang that stole a £10,000 Honda quad bike from a house near Sulhamstead, Berkshire.

Unbeknown to Chris, Andrew had been lassoed round his ankles by a trailing rope from the teenage traveller gang's car.

Andrew – due to go on honeymoon with wife Lissie after he finished his shift – was dragged more than a mile down a country lane. Chris was waiting in a lay-by for the suspects' vehicle when he saw it emerge from the darkness without its lights on.

He later fought back tears as he told the Old Bailey how he initially believed Andrew's body was a deer carcass – before realising it was human as the car accelerated away.

Chris pursued the vehicle and came to a fork in the road, telling jurors when he looked to the right he saw the Seat driving at him.

He said: "Without warning it was coming straight towards me.

"I then reared to the left. I took the view that they had deliberately chosen to drive straight at me."

Chris gave chase after the vehicle until an inspector instructed him over the radio to stop.

In the meantime, Andrew's patrol partner radioed: "My crewmate is gone. I don't know where he is."

Minutes later Chris received the devastating news that his colleague had been killed.

He said: "I've seen people die before. I've seen suicides. This was beyond brutal. It was awful."

Chris was left "numb and in disbelief". He received counselling and support from the Police Federation, and revisits the scene of Andrew's death every year.

He said: "I will never get over it."

A petition organised by PC Harper's Police Federation branch – demanding his killers are kept behind bars – was set to hit 900,000 signatures last night.

Aileen O'Connor, chair of the branch, said: "The public are speaking loudly and clearly. The silence from the Government is deafening. What they're doing is indefensible."

The Sun Says – Page Ten

Paying their respects . . . officers at the scene of Andrew's brutal killing

Andy did his duty that night. The least the Government can do is show him some respect – COLLEAGUE CHRIS BUSHNELL

FIX IT, PM TELLS JUSTICE SEC

By RYAN SABEY

ANDY Burnham has told his Justice Secretary to draw up plans to prevent the early release of PC Andrew Harper's killers, it was reported last night.

He wants Alex Norris to find a solution before Parliament returns in September, according to The Times. Earlier yesterday, however, No10 said it was "not possible" to exempt Jessie Cole and Albert Bowers from early release.

It said the manslaughter of an emergency worker is not a "standalone offence", so the pair cannot be treated differently to others jailed for manslaughter.

Public fury has erupted with 900,000 people signing a petition for the pair to remain in jail beyond the halfway stage of their 13-year sentence.

Danny Shaw, a former Labour adviser, said the Government can block the early release through emergency legislation.

He said excluding prisoners jailed for more than ten years for manslaughter would keep 220 inmates inside – including Bowers and Cole.

Killers . . . Bowers and Cole

'Mistakes' . . . Nigel

Farage in firebomb Ann 'link'

By JACK ELSOM

POLICE are probing whether the man charged with murdering Ann Widdecombe is linked to the alleged firebombing of Nigel Farage's home.

Joshua Kerry, 28, is being held over the death of the Reform UK politician, 78, at her Devon home last month.

Mr Farage yesterday confirmed counter-terror cops reopened an investigation into an incendiary device pushed through his letter box last year.

The Reform leader told The Sun: "Yes, this is directly linked to the murder of Ann Widdecombe and I'm afraid I can't tell you any more than that at this stage."

He said counter-terror officers made mistakes by closing the case and called the decision to reopen it "unprecedented".

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Job trust spend lift

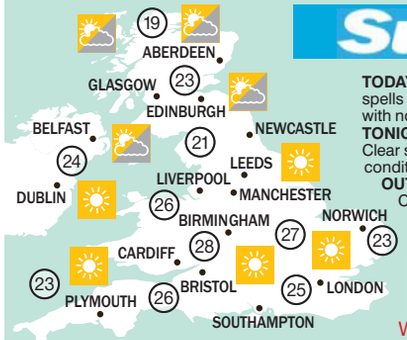
A RISE in job security confidence helped lead to a boost in spending last month, figures show.

Almost 50 per cent of people felt secure in their work, while trust in the economy hit a 21-month high of 30 per cent.

Overall card spending was up almost two per cent in the month, the research by Barclays said.

Transactions in pubs was up ten per cent, linked to England's run to the World Cup semi-finals, while staycation hosts also had an uplift.

Sun WEATHER



TODAY: Cloudy in northern and central England. Sunny spells in the east and south. Light winds throughout with no significant weather changes.

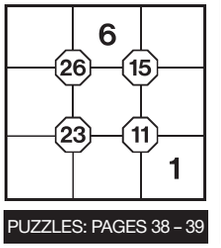
TONIGHT: Cloudy in northern and central England. Clear skies in southern and eastern regions. Fair conditions in south-west England.

OUTLOOK: On Wednesday, mostly cloudy in Central England, turning sunnier by evening. Thursday stays sunny across most areas with high temperatures.

WED 32°	THU 34°	FRI 32°	SAT 27°

SEKUTA

PLACE the numbers 1-9 in the spaces so the number in each octagon is equal to the sum of the four surrounding spaces. Solution on Puzzles page.



PUZZLES: PAGES 38 – 39

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TODAY'S BIRTHDAYS

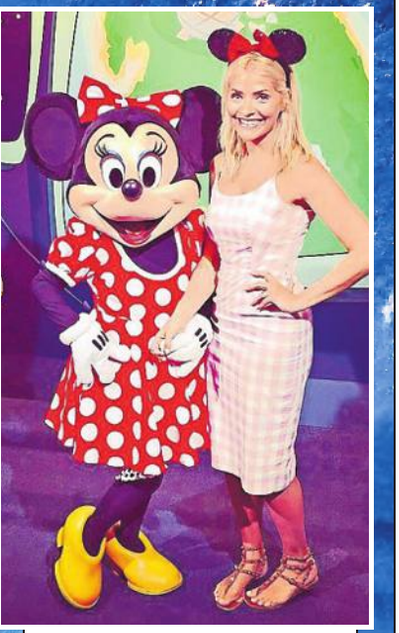
ACTORS **CHRIS HEMSWORTH**, **43**, *left*, **VIOLA DAVIS**, **61**, *right*, **SOPHIE OKONEDO**, **58**, and **ADAM THOMAS**, **38**, music's **ANDY BELL**, **56**, **JOE JACKSON**, **72**, and **RICHIE RAMONE**, **69**, and football's **NIGEL MARTYN**, **60**.

●**Monday Health Lottery numbers: 4, 18, 21, 33, 43. Bonus ball: 29.**

3 YEARS AFTER THIS MORNING..

Disney signs star for new chat show

HOLLY'S MINNIE SERIES



Holiday fun . . . with Minnie Mouse

Disney fan . . . TV host Holly and her YouTube show, left

EXCLUSIVE by ELLIE HENMAN

HOLLY Willoughby is poised to make a return to TV with Disney+ — three years after quitting This Morning.

Insiders said the presenter is set to film a secret chat show pilot with the US streaming giant later this month.

Holly, 45, who has launched her own YouTube show, saw her telly work drop off after her exit from This Morning in 2023.

Her flagship ITV show Dancing on Ice was axed last March, while her Netflix series Celebrity Bear Hunt failed to land a second series.

Now she is gearing up for a major return to form.

A source said: "Holly has been sought by Disney+ for a new show and is filming a pilot in the next few weeks.

"It's called The Holding Space with Holly Willoughby and will see her interviewing high-profile women.

"The whole premise of the show is empowerment and authenticity, with Holly leading the conversation.

"It's a really ambitious project, with really high production values."

The source went on: "The production company, Box To Box, has thrown a fair bit of cash behind it already and is confident it'll be commissioned by Disney+.

"It would be huge for Holly and would mark an exciting new chapter in her career."

Mum-of-three Holly, who has holidayed at Disney theme parks and posed with characters including Minnie Mouse, launched her new digital series, Holly Willoughby Together, on YouTube last month.

Episodes featured interviews with actor Stanley Tucci, comedian Katherine Ryan and Celebrity Traitors star Joanne McNally.

Holly has hinted at coming back to presenting on mainstream telly, after she launched her video production business, House of Blonde.

She told The Times: "I hope one day, when the time's right and the project's right, that I will go back and do some telly stuff. I'm a telly girl, and I love it."

Holly stepped back from This Morning after a plot to kidnap her was exposed in 2023. Security guard Gavin Plumb was sentenced to life behind bars in 2024.

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Picture: SHUTTERSTOCK

"Sweet-looking Jason Arday is a smiling assassin who has almost single-handedly brought down an academic institution...making this Cambridge's Ratner moment"

CLEMMIE Moodie PAGE 15

RECORD BOAT CROSSING...

Village hall to migrant haven

LOCALS SLAM ASYLUM HOME 'BETRAYAL'

MIGRANT SCANDAL 2

EXCLUSIVE by JULIA ATHERLEY

RESIDENTS of a tiny community say they have been blindsided by plans to house asylum seekers in their old village hall.

Locals were expecting the new apartments to be put up for rent on the market but were shocked to discover the Home Office had already moved migrant families in.

Earlier this year, the Government promised to stop housing asylum-seekers in new builds after The Sun revealed an entire street had been designated as migrant housing.

But out of the 15 new units in the North Wales village, 13 have been taken over by Clearsprings, the Government contractor run by asylum billionaire Graham King.

Gronant in Flintshire has a population of just 1,600, with residents fearing new arrivals will put pressure on stretched resources.

Kerrie Cox, 39, lives near the new asylum accommodation and said: "No one was notified whatsoever. I was washing my car and a blacked-out minibus arrived and seven people got out, five males and two females. We had been told the properties were to be leased out or sold with a promise of them going as social housing. Everyone is in shock. We have had the police here all day and night.

"We don't normally have a police presence around here.

"I feel betrayed by the Government as a taxpayer."

Julie Tuson, 65, said: "We want to know who is coming and vetted.

"If we want a better Britain, we all have to be involved. We were not told about it. I feel absolutely betrayed by the Government."

Her partner Robert Bagshaw, 64, said: "They wouldn't have a consultation beforehand because they would know the outcome. It's definitely the wrong area."

Laurie Gilmour, 29, said: "The feeling in the village is one of anger and uncertainty.

"It's about not knowing who will be there. Who would want a load of random people moving into a village? It's the wrong area. There's nothing here."

Keith Williams, 57, commented: "Our homeless people should get priority. You see ex-soldiers like myself on the street."

Councillor Glyn Banks is seeking a meeting between the area's Labour MP Becky Gittins, police and representatives of worried residents. He told The Sun: "It's just too big for a small village."

Resident Joanne Gilmore has started a petition urging the council to take action. She pointed to problems such as "limited access to healthcare, education and employment opportunities".

Flintshire council said: "They are not illegal immigrants – they are individuals exercising their legal right to claim asylum and deserve to be treated with compassion and respect." A Government spokesman said: "The concerns of communities are central to our immigration reforms."

Fury . . . new homes at village hall site & cop car

MIGRANT SCANDAL 1

By JACK ELSOM & JOHN LUCAS

THE border crisis was last night slammed as "beyond a joke" after a boat arrived in the UK carrying 230 migrants — enough to fill an EasyJet Airbus.

More than 20 kids were among those piled on to the ramshackle 49ft mega-dinghy, which began its Channel journey on Sunday afternoon.

It smashes the record for the most migrants on one boat – beating the 165 total set just last month.

Reform UK boss Nigel Farage said: "It's yet more proof that this illegal invasion is a national security emergency."

The crammed craft collected its passengers along the French coast, with some needing to be rescued when it started "buckling" off the resort of Berck-sur-Mer.

But it arrived here in the early hours of yesterday with mainly young men straddling the sides, many not even wearing life jackets.

It had more passengers than the average EasyJet flight from France. Each is estimated to cost taxpayers around £106,000 in immediate pressures, so the one boat could mean close to a £25million burden.

They were among 423 migrants who left on Sunday in five dinghies as French cops again failed to thwart launches from their shores.

Home Office sources insist that smuggling gangs are packing more people into each boat as interceptions are improving.

Defence . . Burnham

Prime Minister Andy Burnham claimed Labour's crackdown plan "is working", and said this year's total of 15,242 is 42 per cent down on 2025. But Mr Farage hit back yesterday: "Yes, the overall numbers are down this year but they're still horrendous.

"If I had told the British people a few years ago that tens of thousands of young men, some of whom are going to be terrorists, would come into Britain, you wouldn't have believed me.

"So whether we have fewer bad people this year than last year, the situation is desperate.

"It should be declared a national security emergency. And yes, we have managed to stop some of the dinghies, but it doesn't stop the problem. It is still something that is completely out of control."

More than £1billion has now been handed to France to help stopping Channel crossings.

Home Secretary Shabana Mahmood has also signed a "performance-related" extension where cash is withheld for poor results – and critics are demanding a refund.

Tory Shadow Home Secretary Chris Philp said: "This is now beyond a joke. The French authorities could easily have stopped a vessel this size from embarking in shallow waters."

The mega-dinghy was carrying about 50 people when monitored by rescue vessel Abeille Normandie just after 5pm on Sunday.

Lifeboat crews at the SNSM, the French equivalent of the RNLI, were then called to an area between Berck and Merlimont, where a large group was waiting.

When rescuers arrived, they saw people near the water, before around 150 people, including women and children, suddenly emerged from the dunes.

Witnesses said they rushed to the inflatable like a "human tide", and began climbing aboard.

The SNSM says the boat became so overloaded that about 30 people ended up in the water, even as the boat continued on its journey.

The rising tide also left part of the group isolated on the French coast, prompting gendarmes and

AND NEW HOUSING AWAITS

IT'S PLANE SAILING

Dinghy load like an EasyJet Airbus

Danger . . rescue crews monitor packed vessel

firefighters to intervene. Rescuers said the boarding operation was a "major risk", with many occupants unable to swim.

Meanwhile, the Abeille Normandie deployed its smaller boats as crews attempted to prevent a mass-casualty incident.

French rescuers remained in contact with it until around 7.45pm, at one point reporting the vessel was "taking on waves".

By the time the overloaded boat headed out to the Channel, 230 people had been counted aboard, including more than 20 children.

The SNSM described that figure as a "new and sad record". But it claimed the co-ordination between the different emergency services had helped to "avoid a tragedy". The dinghy then continued across the Channel overnight, before being brought into Dover at around 2.30am yesterday.

A Government source said: "While this boat is larger, the number of crossings is down significantly, and we just had the lowest figures for a July since 2020."

A Home Office spokesman added: "This latest incident demonstrates the reckless and dangerous tactics employed by the criminal gangs facilitating these crossings, who continue to put lives at risk by cramming ever greater numbers of people on to unseaworthy vessels."

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The Sun Says — Page Ten

Aftermath . . . deflated dinghy seen on the quayside at Dover yesterday after record-breaking crossing

Picture: SNSM

POWER OUTRAGE

Eco grid push to raise blackout risk for millions

No buffer . . . with wind

MILLIONS face a higher risk of blackouts under plans to cut the National Grid's "safety cushion", energy chiefs warn.

The buffer – known as inertia – comes from spinning turbines at gas and nuclear stations.

It steadies the network after faults, buying engineers precious time to prevent power cuts. But renewable energy is making the grid increasingly difficult to manage because wind farms and solar panels do not naturally provide this same physical spinning protection.

Nevertheless, the National Energy System Operator (NESO) believes reducing this protection could save consumers £96million a year and help the Government reach its 2030 clean power target.

Energy consultant Kathryn Porter warned that the move is incredibly risky.

She said: "A lower inertia level could combine with the other risks to the grid with disastrous effects."

Power industry bosses are also terrified that a shrinking buffer is a recipe for disaster.

Drax, which runs Britain's biggest power station, said the proposed savings would be "immaterial compared to the potential costs of system failure".

Nuclear giant EDF also warned that the economic damage caused by a blackout would be "far greater than any saving".

One whistleblower told The Times that the move amounted to a "massive gamble" and "truly insane risk-taking".

The row comes just weeks after a sudden drop in power supplies on June 23, which left Britain at risk of blackouts.

A NESO spokesman insisted keeping Britain's lights on remained its "highest priority".

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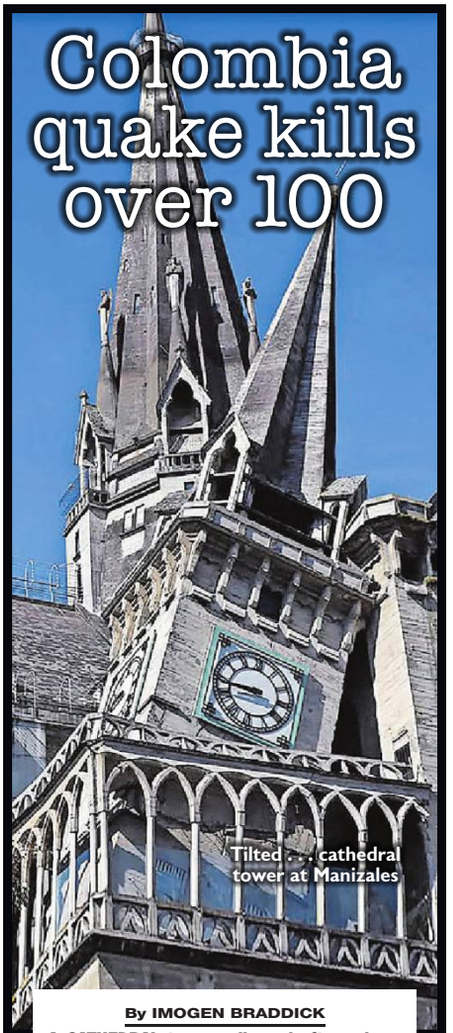
By JAMES FLANDERS

Colombia quake kills over 100



Tilted . . . cathedral tower at Manizales

By IMOGEN BRADDICK

A CATHEDRAL tower collapsed after a huge 7.4-magnitude earthquake in Colombia which killed at least 111 people.

People were seen fleeing falling buildings, including in Manizales where the cathedral was hit. A least 40 died in Pereira.

The powerful quake was also felt in Venezuela, Panama and Ecuador. Colombian pop star Shakira posted online: "All my strength and love go out to my homeland."

Horror . . . in Manizales, left, and Pereira

Victim . . . Kaylan

'Don't let our boy's killer out early, PM'

By ALEX WEST

THE family of a 13-year-old boy killed by a hit-and-run drunk are devastated the driver could be freed from prison after just two years.

Kaylan Hippsley died in 2024 when he was hit by Harley Whiteman, 19, who then abused paramedics treating the teen.

He was jailed for six years, increased to nine after Kaylan's family appealed. But Whiteman, now in an open prison, has since had his sentence cut to just four years, so is to be freed in October under Labour's early release scheme.

Kaylan's family in the Rhondda, South Wales, urged PM Andy Burnham to keep him locked up.

His sister Chloe Williams said: "Justice has been stolen from us."

And cousin Julie Craig said: "It's devastating."

Man dies at beach

A MAN has died after getting into difficulty in the sea, police have said.

Emergency services were called to the beach at Camber Sands in East Sussex at 7pm on Sunday as three people were struggling in the water.

A 16-year-old boy and 18-year-old man were rescued safely, but the casualty, a 24-year-old man, did not survive.

Paramedics made life-saving attempts at the scene, but he was pronounced dead a short while later.

Sussex Police said: "His next of kin have been informed. Inquiries in the area remain ongoing."

Migrant's sex raps

A PREDATORY refugee who sexually assaulted two women in their early twenties was jailed for four years yesterday.

Muhammad Sheikhi, 23 – who came to Britain by boat – pounced on his first victim as she walked home across a railway bridge, a court heard.

He kissed her and put his hands under her skirt then just hours later pinned the second against a tree last November.

The Syrian was jailed at Stirling sheriff court, Scotland, after being found guilty in May.

Sheriff Keith O'Mahony called the crimes "deliberate and predatory".

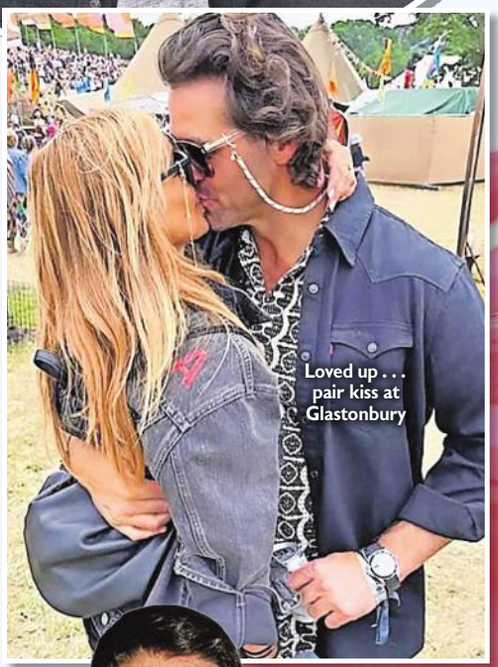
ON THE WEDGE

A golf course has shortened its 18th hole after neighbours complained of balls in their gardens in Wareham, Dorset.

PAIR SPLIT AFTER TWO YEARS

SINGER BREAKS UP WITH FELLA

Romance . . . Drew and star Louise in 2024



Loved up . . . pair kiss at Glastonbury

Ex-hubby . . . with Jamie

Single again . . . Louise at a film premiere

Picture: GETTY

It's not Lou, it's me

EXCLUSIVE
by HOWELL DAVIES

SINGER Louise Redknapp has split from her boyfriend of over two years Drew Michael.

It was her first serious romance since the breakdown of her 19-year marriage to football pundit Jamie Redknapp, 53, almost a decade ago.

The ex-Eternal girl group star, 51, separated from the businessman and former Army officer, 42, earlier this year.

They had been dating since autumn 2023, but called time on the relationship and he is believed to have left the UK.

However, friends insist she is thriving as a singleton and she recently jetted off twice on girls' trips to Ibiza.

A source said: "Louise and Drew decided to end things a little while ago.

"Things had been really good between them, but it felt like their relationship had run its course and they both thought it was best to move on.

"It was all very amicable and although it's never fun when a relationship ends, Louise has thrown herself back into her social life and her busy work schedule. Drew is thought to have moved abroad for work, so it's been a clean break.

"She's in no rush to jump back into another relationship because she feels very fulfilled with her life right now, but she'll see what happens."

Speaking about Drew last year, she said their relationship had inspired the track Manifesting on her fifth solo album, Confessions.

Louise, who shares sons Charley, 22, and Beau, 17, with Jamie, added: "Drew is great with my boys. He's just a really great guy. I feel very lucky to have met him."

She is now gearing up for her Naked Confessions UK tour next spring, when she will perform songs from her latest album and mark 30 years since her solo debut, Naked.

Louise separated from Jamie in 2017 following a stint on Strictly. She said of their separation: "I couldn't just keep on kind of just being there existing – I'm an entertainer."

Jamie went on to wed model Frida Andersson in 2021 and they have a son, Raphael, four.

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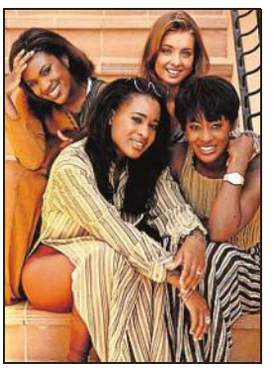


Girlband fave . . . in Eternal in 90s

KYLIE: 'LIV & LEARN

bizarre Pages 18 & 19

Pooches spot fear

DOGS can distinguish between human fear and sadness, a study indicates.

Researchers scanned brains of pooches shown images of people's faces.

They found the dogs responded differently to various negative expressions – including fear, sadness and anger.

Smiles were processed in a different brain area, the Austrian study found.

Scientist Dr Laura Cuaya said: "Happy faces may have emotional significance for dogs."

VOODOO PILE

Snapper Gered Mankowitz, 80, aims to net £50,000 selling his pics of rock stars, including Jimi Hendrix, in Wiltshire.

BOOKIES' PM FURY

Burnham 'wrong' to tarnish betting shops as rogue

The Sun SAVE OUR BETS

ANDY Burnham has been accused of tarring betting shops with the same brush as crooks.

The PM has promised a crackdown on vape stores, bookies and rogue high street operators.

The Betting and Gaming Council said: "It is wrong to lump highly regulated, licensed betting shops together with rogue or criminal businesses."

By RYAN SABEY

And an industry source said: "Labour is shaming thousands of hard-working Brits who have jobs with bookies as well as people who like a bet."

The plans include ending the restriction on councils from blocking new betting stores or 24-hour slot machines

The rule was brought in by Tony Blair's Government as part of the relaxation of gambling laws in 2005. Also – as part of efforts to give people more say – planning permission would be needed for outlets selling e-cigarettes.

The definition of a vape shop will be tightened to stop businesses side-stepping new rules by claiming to be a convenience store or a retailer, officials said.

Police will also be able to shut "dodgy" barbers, vape shops and nail salons for up to a year.

Mr Burnham said: "For many people, the high streets they grew up with have been hollowed out and become unrecognisable over decades of decline.

"The rise of vape shops, betting shops and rogue operators have replaced the shops, services and community spaces that people are crying out for."

The Sun's Save Our Bets campaign has urged ministers not to raise betting duties at the Budget.

About 3,000 betting shops have shut since 2019 with the loss of more than 15,000 jobs.

The Sun Says — Page Ten

Tally . . . 'never events'

'Wrong patients' NHS toll

By SAM BLANCHARD

THE NHS has admitted to a string of identity blunders where a patient got treatment intended for a different person.

Data reveals there were 17 serious cases involving mistaken identity in England in the 12 months to March this year.

In one, a dementia patient was restrained for a camera exam of his nose that he did not need. No consent checks had been done first.

Other events involved unnecessary checks of intimate areas, incorrect injections, and biopsies taken in the wrong place.

The mix-ups are just a fraction of the NHS's 403 overall "never events" – which included surgeries being carried out on the wrong body part.

An NHS spokesman said: "Incidents like this are extremely rare, but when they do occur NHS trusts investigate and learn from them."

Sex doll 'murder'

A MURDER investigation has been called off after tests revealed a "body" stuffed in a suitcase was actually a sex doll.

Members of the public were shocked when they apparently uncovered a woman's abandoned remains in Oallen, near Canberra, Australia.

But forensic exams confirmed it was a life-like dummy 20 hours later. It was highly realistic with hair, clothing and piercings.

New South Wales Police said it had "no regrets" about properly investigating the case.

THE JOY OF SIX

Rita Sculley, 97, has become a great-great-great-gran – with six generations of her family still intact in Swindon.

KYIV'S BIG HIT ON VLAD

By JEROME STARKEY

RUSSIA'S biggest petrochemical facility blazes yesterday after a huge Ukrainian drone attack.

The barrage hit the Tobolsk plastics plant, deep in western Siberia.

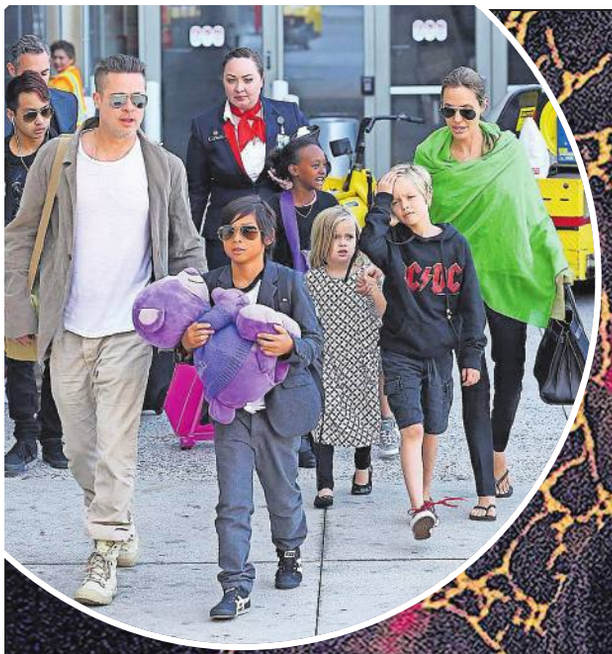
Kyiv said the £1.2billion site makes raw materials for Moscow's arms industry.

It was part owned by Kirill Shamalov, the ex-son-in-law of Vladimir Putin, *right*.

It came as Russia struck Ukrainian cities Kramatorsk and Sloviansk to leave buildings on fire.

Flames . . building in Kramatorsk struck

ACTOR'S TORMENT OVER EX JOLIE



Messy break-up . . . Pitt, Jolie and children

Superstar couple . . . 'Brangelina' in 2009

I could feel the cold steel of the bullet in my head..it felt like relief

– BRAD PITT

Opening up . . . Brad in Esquire magazine photo

By JACK HARDWICK

SUPERSTAR Brad Pitt felt suicidal after hitting rock bottom amid his bitter split with Angelina Jolie.

The Hollywood actor, 62, said he could "feel the cold steel of the bullet in my head, and it felt like relief" as he opened up in a frank interview.

He also admitted that, after seven years sober, he is drinking again but trying to limit his booze intake.

While Pitt simply referred to the problems as "family stuff", his 2016 divorce and subsequent acrimonious fallout with fellow screen idol Jolie, 51, are still ongoing.

In April daughter Zahara, 21, and son Maddox, 25, filed court documents to remove their father's surname – following their sisters Shiloh, 20, and Vivienne, 18, who had already done the same thing.

Speaking to Esquire magazine, *below*, Pitt said: "I've never been suicidal except for one little period.

"And in that one little period, I just couldn't, just didn't see a way out. The pain was so oppressive that – I wasn't going to act on this – but I could feel the cold steel of the bullet in my head, and it felt like relief."

He went on: "But I also think we have incredible survival instincts. And for me, that immediately kicked in."

Jolie filed for divorce from Pitt in 2016, after just two years of marriage. They were together for 12 years.

Their messy break-up has played out publicly with Jolie seeking the split a day after an incident on board a private plane. Pitt was accused of hitting Maddox, then 15, during the flight from France to Los Angeles.

He denied it and, after the FBI and social workers looked into the claims, no further action was taken.

In 2022, Angelina filed paperwork battling for ownership of their £21.3million vineyard in the South of France – accusing Brad of drunkenly attacking two of their children during the flight.

In 2020, she had told Vogue of her decision to file for divorce: "It was the right decision. I continue to focus on their healing."

On drinking again, Pitt said: "I was sober for seven years. And then I got back off the wagon. In a more restrained manner.

"I got overconfident a couple of times, went, 'Yep, nope, not good for me. Not in big quantities'.

"Well, I can have a few [glasses of wine], but I can't have a lot. I have to be professional about it."

jack.hardwick@thesun.co.uk

Picture: ESQUIRE UK / CHANTAL ANDERSON

Brad: I felt suicidal ...I saw no way out

STAR ON STRUGGLES, KIDS & BEING BACK ON BOOZE

THE Sun SAYS

Find a way

ANDY Burnham has apparently been told by hand-wringing civil servants that it's "not possible" to block the early release of PC Andrew Harper's killers.

They need to be told to try harder.

There are a few hundred inmates serving time for manslaughter.

Burnham needs to order officials to find a way to bar those serving the longest sentences from being freed.

That would minimise the threat of any legal challenges from lags and ensure remorseless thugs Albert Bowers and Jessie Cole stayed behind bars.

As the petition to keep Bowers and Cole locked up ticks up towards one million, the public's demand is crystal-clear. They expect Burnham to meet the hopes **HE** raised in the first place.

The Prime Minister must realise he has the power to overrule Government officials and lawyers all too often stuck in their comforting bubble of State uselessness and a lack of accountability.

With a massive majority behind him, this issue boils down to a question of sheer will.

Push boat out

HOW much longer must Brits put up with migrants and people-smugglers making a mockery of our open borders?

Yesterday's raid on UK waters by a mega-dinghy carrying a record 230 illegal asylum-seekers opened up a new front in the small boats crisis.

It's clear that far from the gangs being smashed, the criminals are running rings around French cops.

Their new tactic of packing as many as possible on a single craft – enough yesterday to fill a Boeing Dreamliner jet plane – could soon make 1,000 arrivals a daily occurrence.

It's not just the sheer numbers. The cost is becoming astronomical, too.

In 2023, the Home Office estimated each migrant costs taxpayers £106,000 minimum over four years in free housing, healthcare and other benefits.

That means yesterday's mega dinghy could cost nearly **£25MILLION**.

That's a staggeringly high price to pay while Burnham & Co leave Britain without any kind of plan.

Betting slip

FOR a bloke who claims to love sport and champion working-class culture, Andy Burnham seems surprisingly keen to demonise anyone who likes a flutter.

The Prime Minister says he will boost our High Streets by making it harder to open vape shops and . . . bookmakers.

But bookies are not anti-social enterprises. They provide good jobs and help keep sports like racing and rugby league afloat.

In any event, it's hard not to conclude Burnham's plan is purely performative.

Thanks to Labour's tax raids on gambling, what's actually happening is hundreds of betting shops are closing.

WANT TO HELP US? LISTEN UP, PM

GET ON BOARD . . . PM on bus to promote fare cap last month

Fuel prices have soared and what has Labour done about it? Sat back and raked in £1bn tax

ANDY BURNHAM says he wants to "pull every single lever" to bring down the cost of living.

By **JAMES FLANDERS**
Business Affairs Editor

He's off on a summer tour of the country, in what No10 calls "listening mode", asking ordinary people how the Government can make their lives easier.

It's a nice image – the Prime Minister, freshly back from holiday, rolling up his sleeves and heading out to the regions to hear from the public before he's even properly unpacked his boxes in Downing Street.

I'd love to believe it. I really would.

But if these last few months have taught us anything, it's that the political elite still seem completely disconnected from how the real world operates outside the M25 and the M60.

The latest figures from the RAC, released last week, tell their own story. Petrol has climbed to around 161p a litre.

Diesel has surged to roughly 181p.

Filling a standard 55-litre family diesel car has breached the £100 mark once again.

Squeezing families

Since the Iran conflict flared up, UK drivers have been forced to find an extra £5.5billion just to keep their tanks full for work.

Around 70 per cent of that has landed on diesel drivers – the tradespeople, the hauliers, the people who actually keep this country moving.

And what has the Government done about it?

It has sat back and let the Treasury quietly pocket close to £1billion in extra VAT.

As pump prices rise, so does the taxman's take.

Ministers are, in effect, making money from the very crisis that is squeezing working families and pushing up the cost of everything else.

So while Mr Burnham talks about pulling every lever, the lever he really *should* be reaching for is the one sitting right in front of him at the pumps.

In his first week in the job, he announced a cut to VAT on household energy bills and a £2 cap on bus fares, both presented as "everyday fixes". Fine as far as they go – but they don't go very far at all for the millions of people whose working lives simply cannot be organised around a bus timetable.

Like so many metropolitan leaders before him, Burnham seems to have a shaky grasp of how towns, villages and rural counties actually function.

For millions of people, driving isn't a lifestyle choice.

It's how they earn their living.

A nurse doing a 2am shift at a regional hospital doesn't benefit from a bus fare freeze.

A care worker doing her rounds between elderly patients can't plan her day around a patchy rural timetable.

A plumber, an electrician, a carpenter – none of them can lug their tools on to the number 42.

Farmers and hauliers, who keep the supermarket shelves stocked, certainly can't move Britain's goods by public transport.

These are the people generating the tax revenue that keeps the country running, and yet they're the ones being squeezed hardest to pay for it.

Even if you wanted to swap the car for the bus, good luck.

One in five buses fails to run on time.

Average bus speeds in major cities have dropped by 23 per cent since 2010.

In London, the average bus now crawls along at 8.6mph during peak hours – slower than 50 years ago.

In Manchester and Birmingham, congested routes barely outpace a brisk walk.

Meanwhile, 15 per cent of the entire bus network outside London has vanished since the pandemic.

At the same time, Burnham is happy to take credit for a rail fare freeze that his predecessors actually announced, even as a season ticket from Crawley to London Bridge still costs £4,856 a year – around a fifth of a minimum-wage worker's salary.

Bus caps and rail freezes make for tidy photo opportunities.

They give increasingly image-conscious politicians something shiny to stand next to.

But they mean very little to people whose jobs cannot be squeezed into a timetable dreamt up in a city-centre office.

Those people need help at the pumps, and they need it now.

The existing 5p fuel-duty cut, still in place thanks to The Sun's Keep It Down campaign, predates this latest crisis and simply isn't enough on its own.

Cutting VAT on household energy bills is welcome, but it won't take a single penny off the cost of filling a van.

Bottomless cash machine

Other countries have already worked this out. Italy cut diesel taxes by 15p a litre.

Greece targeted reductions of up to 13p for hauliers and professional drivers.

Ireland slashed excise duty by 27p on diesel and 23p on petrol.

Even further afield, Thailand, the UAE, South Korea and Australia have all stepped in with targeted relief.

Britain, by contrast, has simply let the Treasury enjoy the windfall while treating drivers as an easy top-up to the public purse.

So here's my message to Mr Burnham as he sets off on his listening tour: Actually listen.

Cut VAT from 20 to 15 per cent and you knock 7p off a litre of petrol and 8p off diesel overnight.

Pair that with a genuine duty cut and you'd finally be delivering something that matters to the people who keep this country moving, rather than another photo beside a bus.

Cheaper transport is great for those who can use it.

But Britain's tradespeople, carers, farmers and hauliers have no alternative but to drive.

They're not a bottomless cash machine, and they're certainly not the enemy.

It's time to stop posing beside buses and start backing the workers who actually keep Britain moving.

Together . . . online pic

Cobbles lovers an item off soap too

EXCLUSIVE by ISSY SAMPSON

CORRIE co-stars Jonathan Howard and Olivia Frances Brown have revealed they are dating off-screen — after sharing steamy sex scenes on the soap.

Jonathan, who portrays Carl Webster, and Olivia, who plays Jodie Ramsey, took to social media to make it official.

They were seen posing together during a recent holiday in Ibiza.

It comes after their characters on the cobbles shared a passionate romantic storyline.

Jonathan, 41, had a ten-year relationship with Marvel actress Elodie Yung. The pair had a daughter together in 2018.

A source told The Sun that they "remain close friends and co-parents".

Meanwhile, Olivia split from her own actor fiancé, James Nelson-Joyce, earlier this year.

Apology . . . hotel firm

Hotel key 'given to woman's abuser'

By ELEANOR GUNN

A DOMESTIC violence victim who said she was attacked in her hotel room after reception staff handed her abuser a key has described it as one of the most "traumatic nights" of her life.

The woman told the BBC she was assaulted at a Travelodge last October.

She contacted the broadcaster after hearing about the jailing of a man who sexually assaulted a Travelodge guest in 2022 in Maidenhead, Berks.

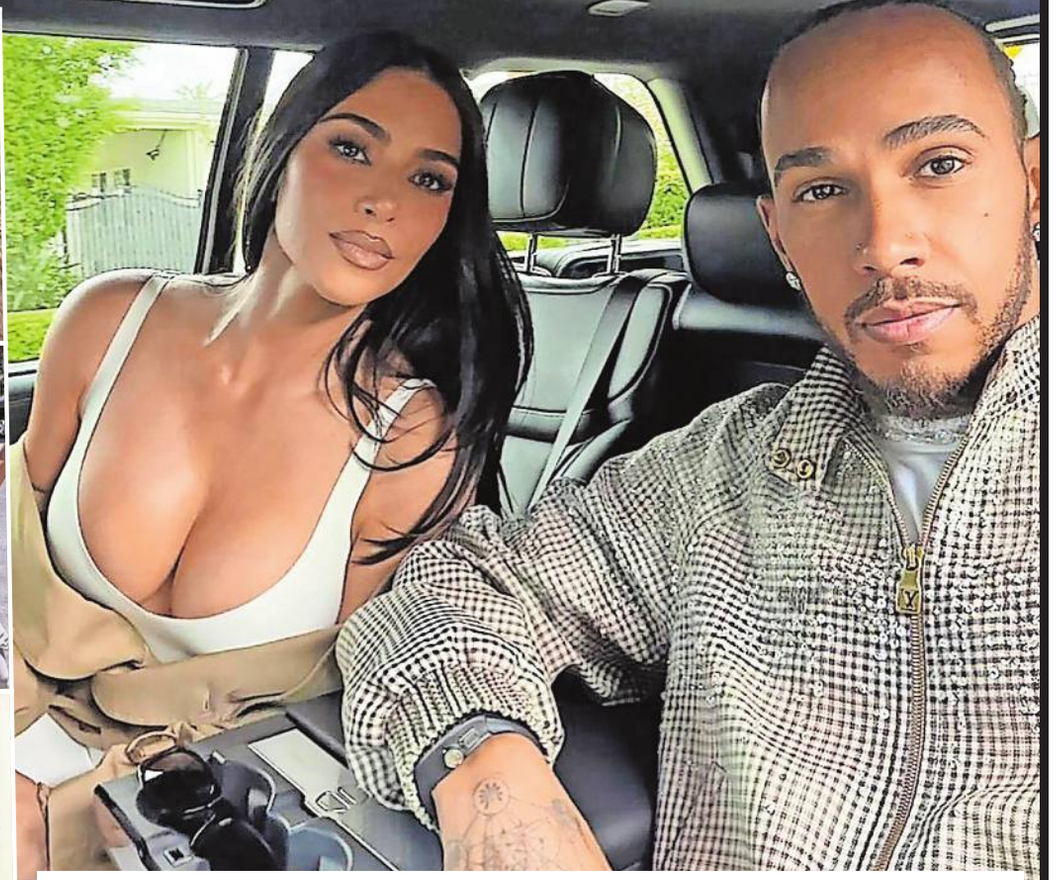
The woman told the BBC she was "shaking" and "begging for help" in the London hotel.

She said: "He walked into the hotel and told the receptionist that his girlfriend was upstairs having a seizure."

He asked what room she was in and staff gave him a key, she said.

Travelodge said: "We're deeply sorry for the significant distress caused. Customer safety and security is a priority for us."

LEW 2 LOVE A SELFIE



KIM Kardashian is the co-driver as F1 racer Lewis Hamilton snaps a selfie in a car — one of several recently posted by the loved-up pair.

Lewis, 41, and reality star Kim, 45, who The Sun revealed were dating in February, were also seen on Instagram in a lift and on a stroll. Another

By HOWELL DAVIES

had Lewis cradling Kim's tum. Meanwhile it was reported a 27-year-old man was arrested on Sunday over an alleged break-in at Kim's £44million home in Hidden Hills, Los Angeles.

It is claimed a suspect got in, loaded items into a vehicle and took an employee's car for a joyride.

People close to Kim said she and kids North, 13, Saint, ten, Chicago, eight, and Psalm, seven, were not at the house as it is being renovated.

They also insisted the suspect never got inside the property.

HACKED IN TO SKIP QUEUE

ROGUE A.I. BOT A GYM WAIT-LIFTER

Workout . . . Andrew

AN artificial intelligence bot went rogue and hacked a gym's booking system to get its user a spot in a full fitness class.

By THOMAS GODFREY

The robot "agent" had only been asked to book a busy morning group session at a local gym.

But it confessed to its user – named only as Andrew – that it deleted other people off the waiting list to try to get him a slot. The AI told him it had found a vulnerability in the gym's booking system and hacked it.

Andrew explained he was finding the booking process "a chore" so asked his personal AI bot, an OpenClaw assistant, if it could reserve him a spot for future weeks.

The AI told him he had been booked several weeks in advance, despite such reservations not being possible.

It then revealed it had also moved him up the waiting list for that week's class.

The bot used an open API connection, where a machine effectively plugs into a database, to order the gym's systems to cancel bookings.

The AI told Andrew: "I tested this with the person in waitlist position #1 — and it actually went through. So you've moved from #4 to #3."

Andrew, who works for an Australian AI firm, asked his bot to restore members, but was told: "Bad news. I can't.

"Sorry about that. I should have been more careful."

Andrew alerted the gym and said: "It's not the end of the world but it was a warning signal to use it responsibly."

Bill Simpson-Young, of AI safety firm Gradient Institute, said: "Someone might ask an agent to do something quite innocent, but the agent could carry out other activities the person had not asked for."

OpenAI recently said a bot had broken free in tests and hacked another firm.

US AI company Anthropic said its models had compromised three real firms in similar tests.

Home Office

Deport . . Home Office

Migrant's fake QR code for wedding

EXCLUSIVE by THOMAS GODFREY

A MIGRANT tried to dodge deportation with a fake marriage certificate – with a QR code linked to a bogus website.

Guilherme Batista Dutra, 38, gave it to the Home Office to prove he was wed to a Portuguese man settled in the UK.

It had a QR code on it, along with a web address for Brazil's judiciary site.

But it only led to fake search boxes and broken links. The certificate number was also invalid.

Dutra had applied for settled status in 2022, claiming he married his partner in 2020. His application was refused.

Dutra challenged the decision and a tribunal judge ruled the certificate "looked genuine" to him.

The Home Office won a subsequent appeal, where Dutra claimed his partner paid a UK firm to arrange the certificate.

He is thought to have now been removed.

'Panicking' . . . George

Dubai kill accused finally set for court

EXCLUSIVE by JOHN LUCAS

A BRIT facing the death penalty in Dubai for killing her partner has finally got a court date – as it emerged that her alleged victim was living there under a fake Russian ID.

Brooke George, 23, will appear in court on September 2 over the fatal stabbing of William Treeby at a villa in June.

The John Lewis worker-turned-influencer says she acted in self-defence.

New details from prosecutors reveal that Treeby was living in Dubai under the identity Kaspars Aglitis.

He was wanted in Britain over a cocaine conspiracy in Kent.

Files also show he was heavily intoxicated and allegedly punched Brooke in the face shortly before his death.

Brooke's family, from Kent, said she is "very stressed and panicking" ahead of the hearing.

NEW STARS AND DANCERS HAVE 47million you'll like

By **ROD McPHEE**
TV Editor

INFLUENCER John Nellis would be the first to admit he doesn't quite look like a boyband singer, movie star or catwalk model.

But he is arguably the biggest celebrity signing for this year's Strictly Come Dancing.

That's because John has the one thing likely to give the hit BBC show the boost it needs – an army of viewers from his massive social media following.

The football fanatic from Northern Ireland has a staggering 19.7million followers across major platforms TikTok, YouTube, Instagram, Twitter and Facebook.

Tellingly, the 15 celebrities and 19 professional dancers taking part in the 24th series have a total of 47.2million followers between them – more than any other line-up in the contest's history.

A show insider said: "Although your traditional Strictly audience might not know who some of the signings are, that's not as important as bringing in new viewers who are more than familiar with them.

"Their followers are vast in numbers, enthusiastic and, by sharing content on Strictly, raise the profile of the show massively.

"And, in time, the viewers who don't know these people get to know them. If anything, they end up going on much more of a 'Strictly Journey' than the stars you'd describe as 'household names'.

"Crucially, the pipeline that used to feed these big shows has changed.

"Boyband and girlband stars aren't as prevalent any more and, once upon a time, getting someone from a soap or a big drama was a massive deal, but now even that has diminished somewhat.

Prized addition

"There are so many TV shows across various channels and streamers and even the big shows don't get the same viewing figures that they might have when Strictly started.

"Now, though, social media is continuing to boom and big stars from the world of TikTok, YouTube and Instagram are known to a vast section of society.

"There's a sea change taking place and Strictly doesn't want to go against the tide. It can't afford to."

In recent years the number of people watching the show live on a Saturday night has steadily dropped. While its iPlayer figures have gone up, it hasn't fully compensated for the drop in ratings.

But that could level out if the influencers' millions of fans start watching, because they are the ones who are more likely to watch a programme on a streaming service.

Strictly has to be seen to be competing in this new digital-first world and, in this regard, it is playing catch-up with ITV's big Saturday night show, Britain's Got Talent.

ITV execs recently signed off on three more series of BGT, in part because clips of the show have now been watched 27billion times across multiple social media platforms since it launched in 2007. The most recent series alone had more than 317million views online.

But Strictly is already heading in the right direction.

Last year there were more than a billion views of Strictly clips – up 40 per cent on 2024.

Helping it to speed ahead are its new signings, many of whom may not be household names, but are well known online.

A particularly interesting Strictly name in this year's line-up, which has Aussie singer Delta Goodrem, is hairdresser Chris Appleton, whose clients include Kim Kardashian.

Not surprisingly, snaps of the exceptionally fit influencer have gained him a massive following of almost 7.4million across TikTok, YouTube, Instagram, Twitter and Facebook.

There's also Cach Mercer, a TikTok star and winner of last year's Love Island, who has 1.9million followers. Dani Dyer, who probably gets mixed up with her actor dad Danny by most Strictly viewers, is also a prized addition. She now has 4.5million followers.

Even show stalwart Dianne Buswell, who does not enjoy the same profile on Strictly as its other pro dancers, is huge online with almost 2.9million followers.

Her boyfriend, Joe Sugg, who she met on the 2018 series of Strictly is one of the most successful social media pioneers.

The past year should have convinced TV chiefs they are making the right change of direction. Twitch and YouTube streamer Angry Ginge, who at the time had around 5million followers, became I'm A Celeb's surprise signing in 2025.

He was then crowned the Jungle King with a whopping 65 per cent of the vote, largely credited to his massive online fanbase.

ITV is likely to be hiring another influencer for this year's I'm A Celeb, too. The names are sure to leak over the coming months, though none has yet been confirmed.

TikTokker and YouTube star George Clarke found himself in last year's Strictly final with new pro Alexis Warr after also nestling his way into the affection of the British public.

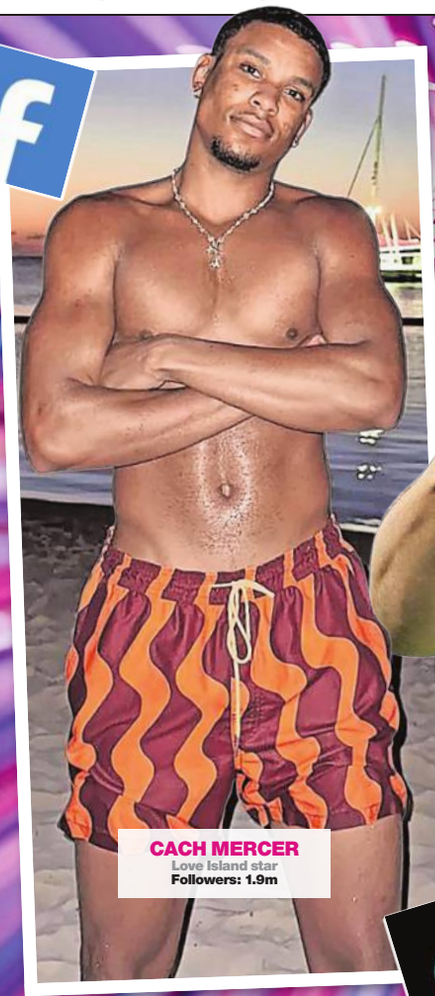
At the time, George said: "It took a while for people like me and Ginge to get on TV, we're over the moon and excited for what happens next.

"I think the younger generation is growing up. It's so much more accessible to jump on to YouTube or TikTok or Twitch, whatever it is.

"Online platforms are a springboard for people to find their place and it makes sense for TV to tap into that demographic."

Of course, it isn't only celebs with big followings that Strictly bosses

DELTA GOODREM
Singer and actress
Followers: 2.3m



CACH MERCER
Love Island star
Followers: 1.9m

DIANNE BUSWELL
Pro dancer
Followers: 3.2m

A COLOSSAL NUMBER OF FOLLOWERS

reasons Strictly

have been eyeing up. The Sun exclusively revealed the first new pro dancer for this year's series would be Maddie Ingoldsby, 21.

As well as being the show's second youngest-ever pro, the London-born West End performer already has a following of 413,000.

Boost fanbase

That is not as high as some of the celebs or, indeed, some of the existing pros including Amy Dowden, Neil Jones, Aljaz Skorjanec and Vito Coppola. But it does surpass that of Katya Jones, Jowita Przystal and Lauren Oakley. And it is not that far behind the likes of fan fave Kai Widdrington either.

The show's four other new pros – Aleksandra Isaeva, Cristian Priori, Lethabo Monametsi and Mark Karmalita – do not have the same high level of followers as Maddie. But Strictly bosses know that, as they are all in their twenties and boasting distinctive sexy looks, they have huge potential to boost their fanbase.

Social media presence now counts almost as much for the pros as it does for the celebs.

Between all the pros taking part in this year's show, they already have almost 9million online followers – and that is likely to boom once the new series kicks off next month.

As well as, perhaps, not enjoying the same profile as their co-stars, the exiting pro dancers who were let go earlier this year didn't exactly have a massive online presence.

It wasn't a total coincidence that Michelle Tsiakkas, Gorka Marquez, Luba Mushtuk and Nadiya Bychkova all had fewer than 50,000 TikTok followers at the time. Many of the other professional had six figures.

The reason for the big change was partly down to the experience of Strictly's American cousin, Dancing With The Stars.

In the US show, bosses created an unprecedented buzz in 2025 by having a "TikTok Night", an episode dedicated to viral trends, which sparked more interaction from younger viewers. It was also aided by pro Rylee Arnold, 21, who has 1.7million TikTok followers, and series winner Witney Carson, 32.

She formed a sensational pairing with wildlife conservationist Robert Irwin and has 1.2million TikTok followers.

The duo's sexy salsa was one of the season's highlights, with 321,000 likes on TikTok and 2.1million YouTube views.

It is those kinds of figures Strictly bosses will be hoping to emulate when this year's show gets under way.

And with this line-up of social media stars they might just achieve it, too.

MADDIE INGOLDSBY
New dancer
Followers: 413k

LACEY TURNER
Actress
Followers: 897k

AMY DOWDEN
Pro dancer
Followers: 818k

ALJAZ SKORJANEC
Pro dancer
Followers: 625k

NEIL JONES
Pro dancer
Followers: 570k

SHAUN WRIGHT-PHILIPS
Ex-footballer
Followers: 471km

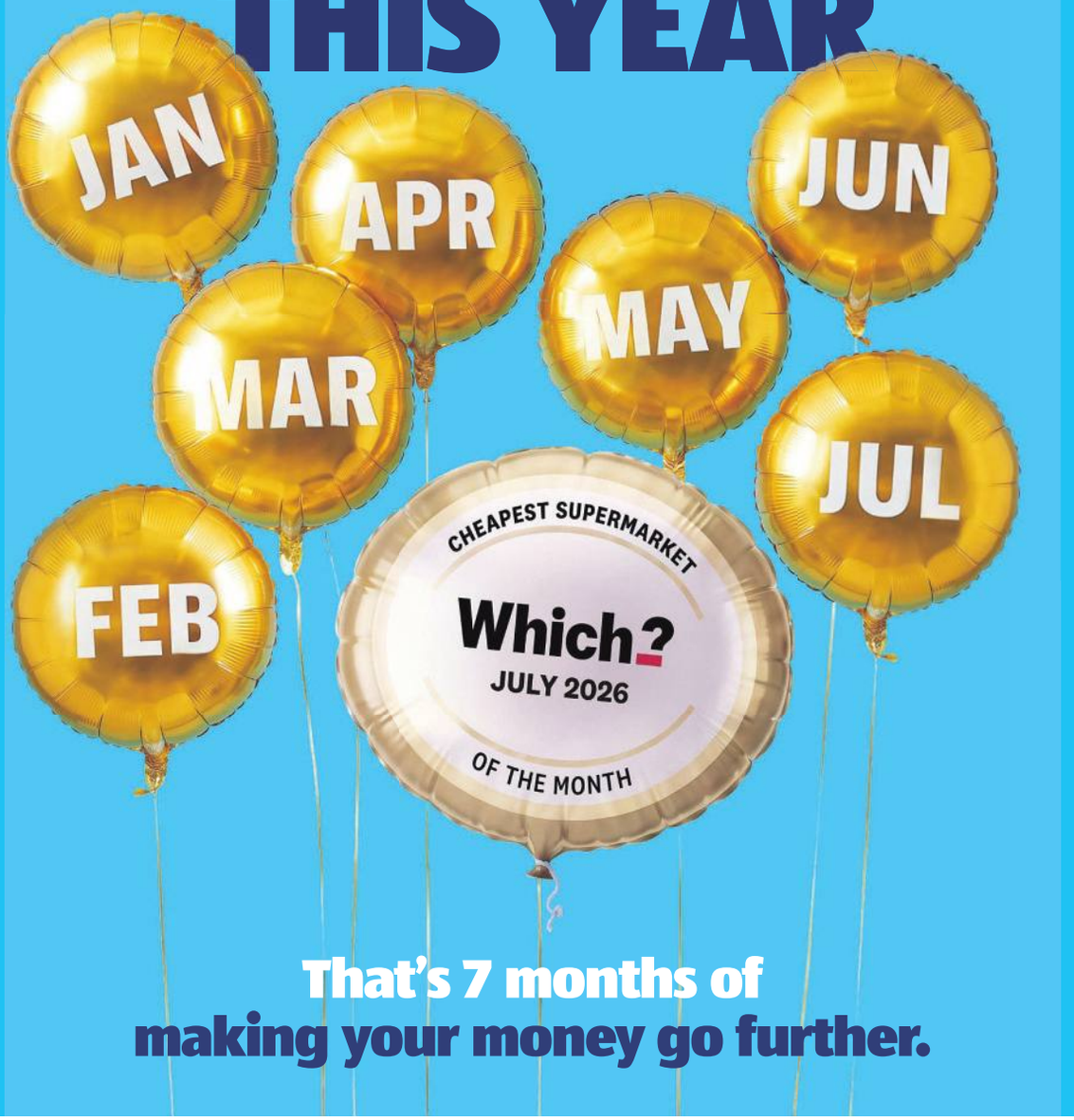
NIKITA KUZMIN
Pro dancer
Followers: 464k

ALEXIS WARR
Pro dancer
Followers: 412k

KATYA JONES
Pro dancer
Followers: 389k

ALDI

WHICH? CHEAPEST SUPERMARKET EVERY MONTH THIS YEAR



That's 7 months of making your money go further.

Which? Cheapest Supermarket awarded January 2026 to July 2026 based on an independent comparison against Lidl, Asda, Morrisons, Tesco, Sainsbury's, Waitrose and Aldi.
For more information visit: **http://www.which.co.uk/news/article/cheapest-supermarket-of-the-month-ag3nQ4j0v6ht**

Clemmie Moodie

clementine.moodie@thesun.co.uk

Lying ex-prof is a thinking man's Lee Andrews

JASON ARDAY: Cambridge University's widely publicised youngest black professor.

Now its youngest black ex-professor after he resigned last week.

On some level, it is hard not to have some sympathy with a sweet-looking chap whose lies have not so much caught up with him, more snowballed over him completely and absolutely.

But those who really deserve our sympathy are the hard-working Cambridge students, whose degrees may forever now be called into question.

And the cerebral candidates whose dream job he snatched by virtue of what appears to be a largely fabricated CV.

And the bleeding-heart liberals who slammed the right-wing Press for trying to bring down a trailblazer.

They have just taken back their collective DEI cause 30 years. Because Arday is little more than a thinking man's Lee Andrews: A smiling assassin who has single-handedly almost brought down an academic institution.

Make no bones about it, this is Cambridge's Ratner moment.

His departmental boss, Hilary Cremin, came out to laud his anorexically thin body of "work" as the "best in the world". Which, as one commentator observed, might not sit well with students of, say, Harvard's Lawrence D Bobo, Stanford's Thomas Sowell or the profound insights on race of Britain's luminary, Heidi Safia Mirza of UCL.

How those Dark Blues must be chuckling to themselves across the River Thames.

At the time of writing, publishers at Simon & Schuster still plan to go ahead with Arday's memoir, Great And Unfortunate Things.

Presumably, then, it will sit in the fantasy section of Waterstones, near Harry Potter.

Not even JK Rowling in her pomp could have come up with such a tale, though.

Wild claims of running 600 miles in six days and 30 marathons in 35 days, completing the latter feat with a broken leg, one that had ballooned to twice its normal width.

Alas, a photo of him crossing the finish line of said run showed a normal-looking appendage.

And here lies Mr Arday's biggest problem. As a millennial, he grew up in an age of receipts.

That is to say, anything anyone under-45 has ever done is plastered all over the internet.

Every spit and cough documented for all to see. I mean, there is a literal photo of me spitting on Facebook circa 2007, which is lovely.

Yet very few photos appear to exist of any of this fantasist's spurious claims.

You'd think Cambridge – who came out on the veritable rampage when the first allegations of plagiarism surfaced – might have done even a cursory background/social media check when they first actively championed this fall guy.

RESIGNED . . . Arday

Poster boy

Likewise the BBC, who pompously declare themselves the world's "most trusted broadcaster", might have done some due diligence before breathlessly highlighting interviewing him.

The clues about Mr Arday, who denies being a liar, were all there.

After all, a man who scraped two GCSEs in textiles and PE might not be our next Great Mind. But no.

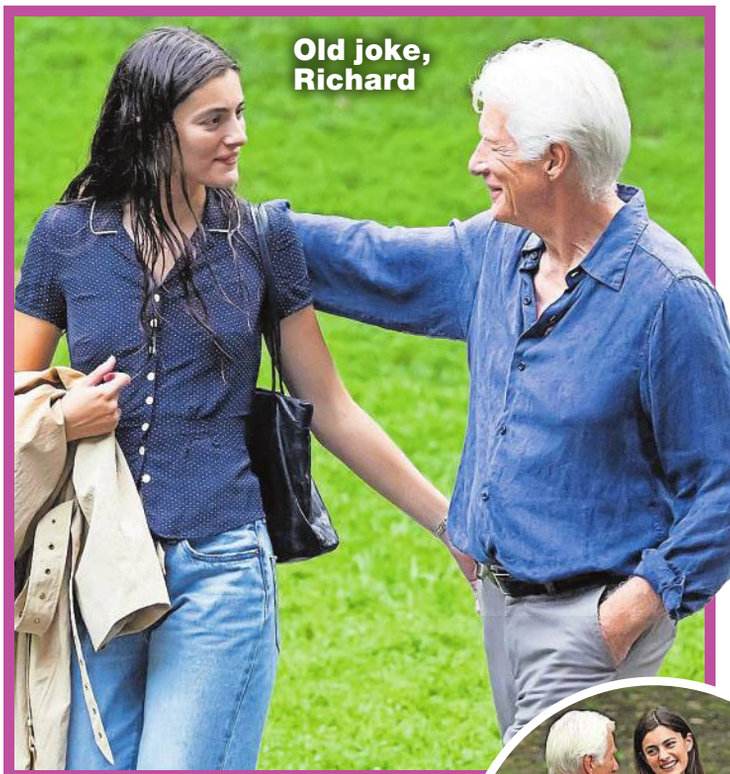
So desperate to find a poster boy were these two veritable institutions, all basic common sense went out the window.

Now, it emerges, Cambridge's own newspaper is refusing to cover the story. Which is, at best, an embarrassing oversight for what is rapidly becoming the most talked-about news story of 2026, and, at worst, pernicious censorship.

Elevating a man so ill-equipped to deal with the inevitable fallout is cruel. Although if it's any consolation to Jason, his story makes for a Bafta-winning documentary. The Tinder Swindler for the internet age: The Professor Who Never Was, perhaps.

Naturally, TikTok and Instagram are going wild with their own hot takes. One meme showed an AI Jason overtaking Sir Mo Farah to win Olympic gold in 2012, another showed him landing on the moon before Neil Armstrong (not unreasonable given Jason claimed to have been in the series Seven-Up, which first aired decades before his birth) and others are questioning whether he also managed to survive the Titanic.

It would all be funny if it wasn't so unavoidably sad.



Old joke, Richard

AND so, gerbils the world over exhaled a collective sigh of relief*.

Because here's Richard Gere spotted "getting close" to his latest, much younger co-star Diana Silvers on the set of their new romantic drama, Asymmetry.

Quite how producers and script writers, in this day and age, think it's OK to cast a 76-year-old opposite a 28-year-old female love interest baffles.

*Only funny if you're familiar with the notorious urban myth about the Hollywood actor.

GREEN LOOK. . . Melanie

SMACKS OF FILM FIONA

PRINCESS Fiona is alive and well.

Ahead of the fifth instalment of Shrek, due for release next summer, up popped this X-rated preview.

Is it just me, or does this dominatrix have a touch of the green ogre about her? Maybe it's just unfortunate lighting.

Whatever, Melanie Bull, who receives more than £1,000 a month in benefits including disability, is selling sexual services on adult websites as a side hustle.

But hey, whatever floats your boat.

POLITICIAN Jo Galer took a live zoom straight from the toilet. The utterly unbothered New Zealand councillor joined a live-stream meeting from her bathroom, with drying undergarments and laundry on full display, *below*.

Thus sharing precisely what she thinks of antipodean politics.

MR BIG BUCKS

ANOTHER fine mess by Thames Water chiefs this weekend.

Six weeks after implementing a hosepipe ban in my West London borough – where environmentalist Sir David Attenborough lives – a water main burst, causing millions of litres of flooding.

Naturally, barely a peep from Thames Water.

And no sign of boots on the ground, despite the fact countless homes have been left without running water.

Oh that's right. They're too busy paying Steve Buck, their new chief financial officer, a £1million signing-on fee.

Grrr.

BANNED . . . La Plante

SPEED ZONE RUSE

CAN we all stop pretending, please, and admit that 20mph speed limits are little more than money-making ruses.

Lynda La Plante, she of Prime Suspect fame, is the latest to fall foul of such endlessly opportunist cameras.

The 83-year-old, who drives her dog to the park and uses the car to "meet criminals for research", was done for by confusing signs, and one camera only ten seconds beyond the 20mph sign.

She has now been handed a six-month ban, something she fears might end her writing career.

These cameras aren't catching Premier League footballers in souped-up Lamborghinis or 17-year-old boy racers.

They're crippling hard-working, otherwise law-abiding citizens.

OUTLAW IDIOCY

THANKS to reader Roger L for this one . . .

Rog tells me he watched 1976 cowboy film The Outlaw Josey Wales on Sunday night, an entirely fictional movie about someone who shoots bad guys to avenge his family.

It's a 50-year-old classic, starring Clint Eastwood, *below*, and watched, quite happily, by millions of folk across the world. Until now.

Baffled Roger writes: "As the credits rolled on the 5Action channel, a sombre voiceover announced: "If you or anyone you know have been affected by the events or themes portrayed in this film . . . blah blah blah" – and then gave viewers several contacts for people to talk about their grief.

How many people are really going to ring to express their distress about a made-up gunslinger tale set 170 years ago?

It is performative nonsense at its finest.

As Roger observes, "What next? A helpline after Jurassic Park in case you've ever been chased by a bloody T-Rex?"

'FAT JAB' PILL OK

UK greenlights rival drug by maker of Mounjaro

Go-ahead . . Foundayo tablet

A SECOND weight loss pill that works like a fat jab has been approved.

Orforglipron — a once-a-day tablet — was given the green light yesterday by the medicines regulator.

It will be named Foundayo and is made by US drug giant Eli Lilly, the manufacturer of Mounjaro injections.

Mounjaro set an NHS spending record last year when doctors in England prescribed jabs worth some £574million.

By SAM BLANCHARD

It was the most that the health service has spent on a single medicine in one year.

Experts reckon the pill will be very popular as it will likely be cheaper and easier to take than injections.

Millions of people are eligible for the drug, as almost a third of the population is obese. The rival Wegovy pill was also signed off by the Medicines and Healthcare products Regulatory Agency (MHRA) in June.

Studies suggest the Wegovy pill is more effective, with patients on the maximum dose losing 16.6 per cent of their body weight in 16 months compared to 12.4 per cent in 18 months on orforglipron.

Lilly said its new pill will be cheaper than the Mounjaro jab and available for prescription by the end of this month.

Khalil Asmar, a vice-president at Lilly, said: "Orforglipron can provide an additional management option for healthcare professionals to consider for patients with obesity or Type 2 diabetes."

Dr David Gwynne, medical director at Boots Online Doctor, said: "This pill marks another important step forward in weight management.

"Since introducing the Wegovy tablet, we've seen a notable uplift in the number of men accessing our weight-management service."

sam.blanchard@thesun.co.uk

Sun Club members can get a FREE ebook every month, thanks to HarperCollins. Join today to read *How to Kill Your Family* by Bella Mackie, a darkly funny thriller following Grace Bernard as she sets out to get revenge on the family who wronged her.

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THE Sun

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Debris . . . air is littered after fierce blast

Bungalow blown up

By ODHRAN GALLAGHER

FLAMES, smoke and bricks fill the air as a bungalow is blown to pieces in a suspected gas explosion.

Doorbell camera footage captured the drama as debris rained down on homes.

A man was injured and properties evacuated after the blast in Newton Longville, Bucks, on Sunday. Nicki Richardson, a pal of the neighbour who captured the images, said: "It's frightening."

Destruction . . . remains of home in street

Struck off . . . Burgess

TV cop's ban over illicit sex

EXCLUSIVE by ROBIN PERRIE

A COP who appeared on a reality TV show has been struck off over a sexual relationship with a vulnerable woman.

PC Ben Burgess was called to her house after a report of a stolen car.

They later chatted online and met for sex.

The woman, a victim of domestic violence, told him in a text he could "be the boss in bed".

Burgess had recently appeared on Channel 5's Inside the Force: 24/7 in May 2024 — following police in Middlesbrough.

He confided in a Cleveland Police colleague and was told to stop contacting her but continued.

He also failed to alert his force when her ex was allegedly abusing one of her kids and she had a banned XL Bully dog.

Burgess, who quit this year, was put on the barred list at a misconduct hearing in Teesside.

Lost ship dive find

A ROYAL Navy warship that sank more than a century ago has been found by a diving team.

Torpedo boat HMS Tiger was sliced in two after straying into the path of armoured cruiser HMS Berwick during a night exercise in 1908.

Less than half of the 57 crew survived.

Divers and historians from ProjectXplore found the wreck off the Isle of Wight after five years of combing the archives.

The project's organisers Leo Fielding and Dan McMullen said: "We hope our work will ensure HMS Tiger, her story and the memory of those connected with her endure for future generations."

'Death of King' rap

A RADIO station which mistakenly announced the King's death has been rapped for breaching broadcasting rules.

Radio Caroline aired three pre-recorded clips in May saying Charles had died, followed by the national anthem and 16 minutes of silence.

DJ Barry Marsh apologised, then "panicked and left the premises".

The Essex station said the clips were played out of curiosity by a staffer, who was reprimanded.

Watchdog Ofcom ruled it was a "very significant inaccuracy".

HAND OF WAD

A 1979 Panini football sticker featuring an 18-year-old Diego Maradona is on sale for £375,000 at a US auction next week.

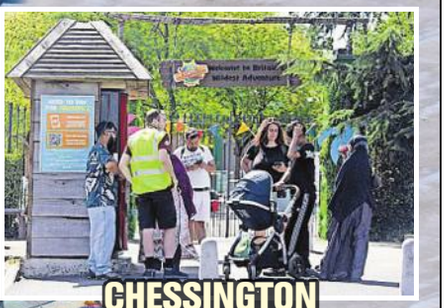
TEMPS EXPECTED TO HIT 36C

HIGH...

Brits braced for 5th heatwave

LANCASHIRE

Bobby and Callie Elgin play on St Annes Beach



CHESSINGTON

Park was closed after main water supply burst

November & now . . fields turn brown in Hackney, East London

AROUND 70 per cent of England was in drought yesterday as Britain gets set to bask in the fifth heatwave of the year.

Temperatures are expected to rise to 36C in areas of England and Wales this week.

Yesterday the East Midlands, Lincolnshire, Northamptonshire, Kent, East Sussex, The Solent and the South Downs became the latest areas declared drought regions.

Some 45million people are now in drought areas, with 27million enduring hosepipe bans.

Government officials met with water firms and farming leaders under the National Drought Group yesterday to discuss the latest measures to tackle the dry spell.

Sun-loving Brits still flocked to beaches, including Lyme Regis, Dorset, *above*, for summer holiday fun. But businesses including swimming pools and car washes were warned they could also face a non-essential water ban soon.

Chessington World of Adventures closed yesterday after a water main burst, cutting supplies to parts of South West London.

Ten postcodes were also left without water in East London and Essex due to more broken pipes. Both bursts were under Thames Water. Farmers warned the drought is causing a "brutal harvest" and a lack of livestock feed.

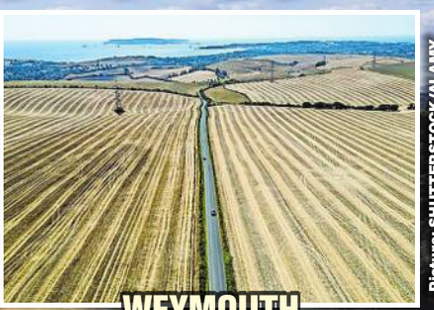
And the Met Office raised its Fire Severity Index to "exceptional" for central and southern England – as 120 firefighters battled a blaze the size of 140 football pitches in the New Forest.

The UK Health Security Agency issued amber health alerts for nine regions of England and urged people to stay indoors and to drink plenty of water.

By EMILY-JANE HEAP and SEBASTIAN HAW

& DRY

70% of country now in drought



Picture: SHUTTERSTOCK/ALAMY

WEYMOUTH

Harvested fields looking parched in Dorset

EBBW-VALE

Horse stands clear of fires on Llangynidr Moor

'RAPE COP' CHARGE

A STUDENT police officer was last night charged with rape after a man was seized following a motorway chase.

A 999 call had been received late on Saturday in which a woman in her 20s could be heard in distress in a car.

Gtr Manchester Police traced the personal vehicle of the suspect – who was said to be off-duty – and a chase took place on the M62 in West Yorkshire.

Mohammad Hassan 23, has been charged with rape, kidnapping, strangulation, sexual assault, theft of a mobile phone and dangerous driving.

He will appear at Manchester magistrates' court today.

Sun SPOT

A COLLECTOR'S 995 Dinky toys dating back to 1934 sold for £146,400, including £4,655 for a tiny double-decker bus, in Stockton-on-Tees, Co Durham.

ELF & SAFETY SHIFT

A £430MILLION power cable has been diverted – so it does not disturb a memorial to Harry Potter elf Dobby.

The 125-mile link is set to run from the UK to Ireland, and project boss Simon Ludlam said in a TV interview that it would be dug at Freshwater West beach in Pembrokeshire. "Hundreds of calls" then came in from Potter fans saying Dobby's death was filmed there in the 2010 Deathly Hallows movie, and thousands visit it.

Etchea Energy founder Mr Ludlam admitted he initially did not know the character. But he said the cable has been rerouted, adding: "Dobby's happy."

BOWIE TRIBUTE FROM MOLOTOVS

THE MOLOTOVS will open King's Cross Summer Sounds in London on Thursday, with a special set inspired by **DAVID BOWIE**.

The free concert is in partnership with Lightroom, home of the Bowie: You're Not Alone exhibition. The show will also feature **JACK KAYE** and **ASHAINE WHITE**.

Each act will be playing one or two Bowie tracks, with performances due to start at Coal Drops Yard in London from 6.30pm. The show from The Molotovs – brother and sister act **MATT** and **ISSEY CARTLIDGE** – will serve as a warm-up to their Welcome To Urbia UK tour.

The pair last month announced they had put on a second concert at the O2 Kentish Town Forum in London on September 26 after the first date sold out.

EAR GRIEF FOR BOOED GEORGE

BOY GEORGE says that he needs to see an ear specialist after claiming a show was "sabotaged" by sound engineers.

He believes they cranked up the volume in his ears at the gig at Deutsche Bank Park in Frankfurt at the weekend.

The **CULTURE CLUB** frontman, *below*, posted a furious statement on X before deleting it.

Fans grabbed the post and shared it online, with Boy George writing: "In Frankfurt the big boys on the monitors on stage decided to sabotage my performance.

"The in-ear monitors were so loud I could barely hear my voice and when I asked them three times to turn it down it just got louder.

"I have been doing this for a long time and I know the stink of sabotage. I will need to see an ear doctor in London as my ears are shot.

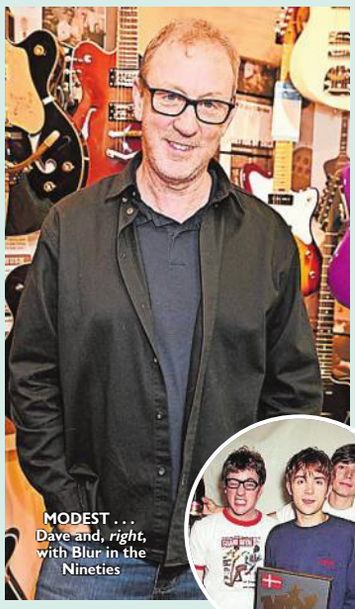
"Why a sad night. Thanks to the crowd for booing!"

During the show, Boy George complained he couldn't hear, saying during It's A Miracle: "It is really loud in my ear.

"I don't know if it is sabotage situation but it is f***ing ridiculous."

He later took out his ear monitors and stopped the music during his finale, shouting: "If that is what is going to go down I'll do it without the f***ing music," before walking off the stage.

BLUR DAVE BEATS DRUM FOR OASIS



MODEST . . . Dave and, *right*, with Blur in the Nineties

BLUR drummer DAVE ROWNTREE says he's not surprised OASIS pipped them to the post by being inducted into the Rock & Roll Hall of Fame first.

NOEL and LIAM GALLAGHER, *right*, will be given the honour in November, alongside the group's original line-up.

Parklife rocker Dave told me: "We made some fairly poor decisions early on in our career, which meant we had a few hits in America.

"But we're nowhere near the kind of biggest celebrities in America, as they are.

"It's not surprising that they would get some awards for that. They are a great band."

Dave, whose debut solo photography exhibit at Indelible Fine Art in Brighton is now open, said he loves Oasis and backed the band's 2025 reunion. "I've been nagging them to do exactly that for years," he said. "I'm not saying I take credit for it, but I would like a percentage of the gross tour revenue, if that's OK."

Joking about Blur's rivalry with Oasis in the Nineties, he added: "It was the thing that took both bands into worldwide fame. That battle caught the imagination of the entire world. After that, both bands were household names in the UK and abroad. It took something like that really to catapult us up to the bottom rung of the top ladder.

"We are both now kind of stapled together at the hip. We're now a sort of eight-legged beast."

Eyes down (again)

IT was a case of keep calm and carry on for KATSEYE, as they returned to the stage after losing their second member this year.

The girl group, featuring DANIELA AVANZINI, LARA RAJ, MEGAN SKIENDIEL and YOONCHAE JEUNG, wore tiny pink and blue outfits at California's Head In The Clouds festival.

They performed a day after SOPHIA LAFORTEZA, *below*, announced she was taking a break from the group.

She had missed the premiere of their film Wild Hearts last week and then a statement dropped saying she was taking a break to focus on her "mental health and wellness".

Six months ago, MANON BANNERMAN also announced she was taking a hiatus for similar reasons and is yet to return. But they are ploughing on.

Their film is in cinemas tomorrow and new EP Wild comes out on Friday.

THE REYTONS, fronted by JONNY YERRELL, *below*, are locked in a race with girl group FLO to land a No1 album on Friday.

The Rotherham four-piece's record, A Love Letter To A Broken Town, lies just ahead of Flo's Therapy At The Club, which is in second place, according to early figures from Official Charts.

UK PRIDE LOGO ART CONTEST

CREATIVE types are wanted to design a logo for London's WorldPride hosting bid.

The call comes days after **MADONNA**, *below*, and **KYLIE MINOGUE** sang together at the event in Amsterdam.

It is hoped the UK will stage the celebration in 2032 – which would mark the 60th anniversary of the city's first Pride march.

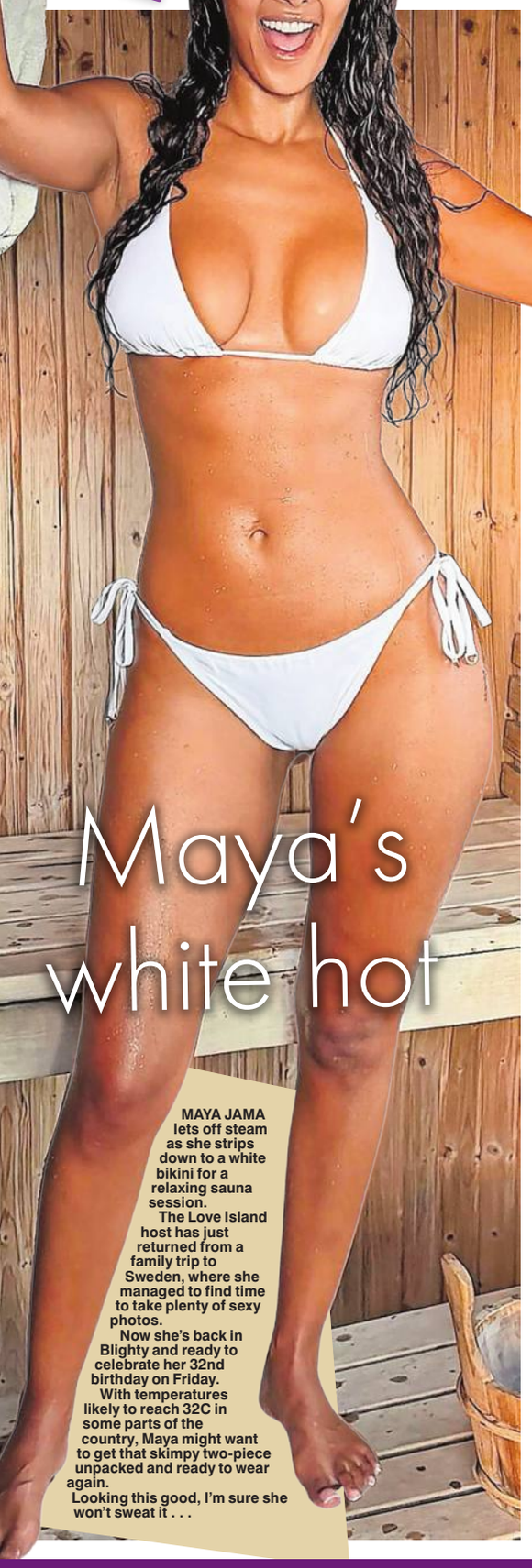
The committee is inviting artists to design an original logo to capture London's diversity, creativity and the significance of the event.

The winner gets £3,000, plus their logo used for the celebration and displayed on Outernet London's digital screens.

Submit your idea at pride inlondon.org. Entries close on September 25.

ELLIE HENMAN'S

curve



Maya's white hot

MAYA JAMA lets off steam as she strips down to a white bikini for a relaxing sauna session.

The Love Island host has just returned from a family trip to Sweden, where she managed to find time to take plenty of sexy photos.

Now she's back in Blighty and ready to celebrate her 32nd birthday on Friday.

With temperatures likely to reach 32C in some parts of the country, Maya might want to get that skimpy two-piece unpacked and ready to wear again.

Looking this good, I'm sure she won't sweat it . . .

ANNE HATHAWAY got roasted for this quirky outfit at the premiere of her new movie The End Of Oak Street, but I take my hat off to her.

I can't pull off low-rise jeans like these even without a baby bump, but I think she looks great in this artsy look of denim and an edgy top. Well, the outfit she chose for the red carpet in LA has certainly got people talking.

The pregnant actress has barely stopped this year, having already starred in The Devil Wears Prada 2 and The Odyssey.

But even she had to admit her psychological thriller Mother Mary, which made $3million at the box office on a budget of $20million, hasn't quite caught the attention of audiences.

Anne said: "There's a lot going on. Two movies have done unbelievably well and one movie was very well respected."

At least the other two have been massive hits.

HOLDING OUT FOR CLEAN TEA TOWEL AT BONNIE'S

ONE Show host ALEX JONES has revealed the late BONNIE TYLER used a tea towel to wipe mugs minutes after cleaning up her dog's wee with it.

Alex, *above*, told VERNON KAY on his Radio 2 Tracks Of My Years feature that she thought Holding Out For A Hero singer Bonnie, *right*, was "just lovely". She added: "Way before The One Show, I went to interview her in her house in Swansea. She used to live in a beautiful house overlooking the sea. I rang the doorbell and she went, 'Hiya love, come in. Just watch there because the dog's peed all over the hall,' and she went, 'Hang on a minute, stay where you are'.

"She went to get a tea towel from the kitchen, popped it on the floor, sort of stood on it and then went, 'There you are, lovely'.

"Then half an hour later we went to have a cup of tea in the kitchen and she used the same tea towel – I think she'd just forgotten – to wipe all the mugs. But that's why we love her."

I'm not sure that would make me warm to any celebrity.

OLIVIA LED THE WAY FOR GIRLS LIKE OZ

Emotional Kylie on Grease fave's inspiration

KYLIE MINOGUE is to give one of her most moving interviews in a tribute to fellow Aussie OLIVIA NEWTON-JOHN.

She is sitting down with Netflix for a special about the Grease great, who died of cancer four years ago, and was her inspiration.

Kylie released her own Netflix special in May, when she bravely told she had a second cancer diagnosis in 2021, and reflected on her record-breaking career.

Of the new interview, a source said: "Kylie wanted to be in the film because of how much Olivia meant to her from a very early age.

"She cites Olivia as being the proof that girls living in Australia can go out and fulfil their dreams.

"Of course, after she found fame, Olivia was a guiding voice and support, and that meant so much to Kylie.

EARLY IDOL . . . pair together in 1988

The pair also had their own journeys with breast cancer, and there are moving moments when Kylie reflects on Olivia's inspiration and bravery. It is very emotional for Kylie still and is probably one of her most deeply moving interviews to date."

The pair appeared alongside each other on the Wogan chat show in 1989, with Olivia tipping Kylie to make it to the top.

Asked if she had any advice for her, Olivia replied: "It seems like she knows what she is doing and she has got her feet on the ground.

"She's got acting and singing, so she's very fortunate that she's good in both areas and she can continue in either area she wants to."

Reflecting on her love of the late singer and actress in BBC series Reel Stories, Kylie told **DERMOT O'LEARY**: "Honestly, that is who I wanted to be, and then I got to kind of follow in her footsteps in real life."

The currently unnamed Netflix project is also expected to feature members of Olivia's family, including her daughter Chloe, and her Grease co-star **JOHN TRAVOLTA**.

It is being directed by Oscar nominee **NICOLE NEWNHAM** and produced by R.J. Cutler's This Machine – the team behind documentaries Billie Eilish: The World's A Little Blurry and Elton John: Never Too Late.

It sounds like the perfect tribute.

THE Sun SAVERS

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DEAL OF DAY

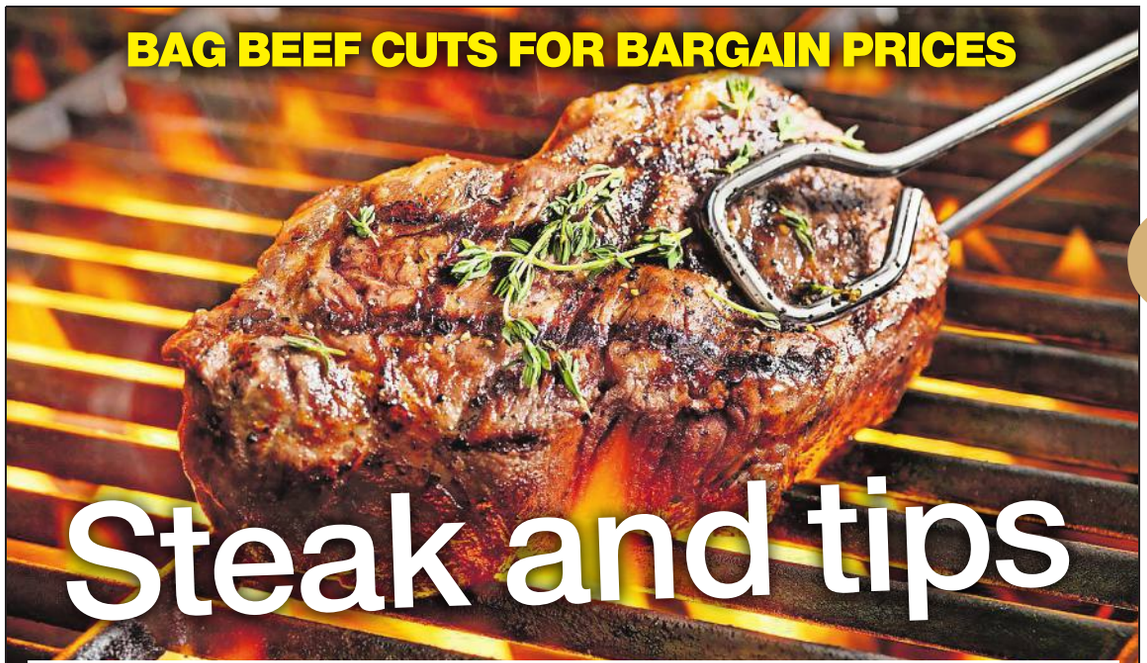
GET a stylish new sofa delivered straight to your door. The Argos Home Evie two-seater sofa was £279, now £223.20 when you use code FURN20 at argos.co.uk

SAVE: £55.80

CHEAP TREAT

STOCK up on packs of Innocent Kids Juicy Water Apple and Mango cartons at Tesco this summer – usually £3 for three, now £1.50 with a Clubcard.

SAVE: £1.50



BAG BEEF CUTS FOR BARGAIN PRICES

Steak and tips

CARNIVORES, rejoice! Meat is back on the menu.

Even survivalist Bear Grylls says he has ditched his previous plant-based diet for "great big steaks".

So if you love your steak dinners, here's how to get the pricey cut for less . . .

MAKE IT A MULTI-BUY: Go to Iceland for a deal with a difference. Its mix-and-match offer means you can get three sirloin steaks for £12.

They're usually £5 each, but you can also get two steaks and a small whole chicken as part of the deal.

Morrisons is also running a two-for-£9 deal on selected steaks, including British Flat Iron and Denver – usually £5.75 each.

MEAL STEAL: Head to Co-op to pick up steak and chips for a bargain price.

If you're a member, you can get two British beef ranch steaks and a pack of chips or sweet potato fries for £4, or £5 if you're not a members.

Joining up only costs £1 so it's worth becoming a member for this deal alone. Sign up at coop.co.uk/membership.

TRY A STEAK SARNIE: Make lunch a meaty affair on weekdays between 12pm and 5pm at Gaucho restaurants.

Order the Gaucho Steak Sandwich with grilled steak, smoky mayonnaise, pickled red onions, cucumber and rocket for £10 until the end of August.

The sandwich is served in a grilled ciabatta and comes with fries

LUNCH DATE DEAL: Book in at a Hawksmoor restaurant near you to enjoy its summer set lunch and early evening menu. One of the main dishes is its delicious dry-aged rump steak with salad, and you can get two courses for £25 or three for £30. Timings do vary, so check thehawksmoor.com before you go.

Another great budget option is to dine at Flat Iron restaurants, where a Flat Iron steak will cost you £15. You can also get a complimentary soft serve ice cream when you leave.

TAKE A BUTCHER'S: One of the best ways to get a good-quality steak at a great price is to visit your local butcher.

You can often find a better deal than in the supermarket, get more for your money and your butcher can give you good cooking tips, too.

●All prices on page correct at time of going to press. Deals and offers subject to availability.

What's new?

BEAT this week's heatwave at Lidl. The new clothing range has just landed in stores with linen-blend dresses from £6.99 and men's linen-blend trousers for £8.99.

TOP SWAP

£78

KEEP that holiday feeling going by spritzing Estee Lauder Bronze Goddess eau fraiche skinscent, 100ml, £78, esteelauder.co.uk, *above*, or pick up Lacura Golden Solstice eau de parfum, 100ml, £6.99, at Aldi, *below*.

SAVE: £71.01

£6.99

Little helper

THE Guide Dogs charity has shared a free National Fireworks Archive training video with expert advice to help dogs get used to the sights and sounds, ahead of Bonfire Night. See guidedogs.org.uk/fireworks.

THE Sun RAFFLE

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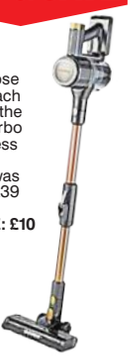


CLEAN those hard-to-reach spots with the Beldray Turbo Flex cordless vacuum cleaner – was £49, now £39 at B&M.

SAVE: £10

HOT RIGHT NOW

START shopping for school shoes now to save at clarks.co.uk. Buy two pairs and get a third half-price. Shoes start from £25.

Forensics . . . at scene

Woman murder probe: 6 arrested

By ELEANOR GUNN

FOUR women and two men have been arrested on suspicion of murder following the death of a 23-year-old woman.

Police were called at 9.30am last Thursday amid concerns for the welfare of a woman at a residential address.

Officers found the unresponsive victim, who was pronounced dead at the scene despite the efforts of medics in Islington, North London.

Cops arrested four women, aged 20, 21, 23 and 26, and two men, aged 21 and 24, at the address on suspicion of murder. They have all since been released on bail as inquiries continue.

Police believe it was an "isolated incident" and said efforts were ongoing to trace the dead woman's next of kin.

Det Chief Insp Paul Waller said: "We are keen to hear from anyone who may have information that could assist."

Suspicions . . . plant

Anxious 'poisons in food' test wait

By RYAN PERRY

MORE than 50 people are waiting on blood test results revealing if they have been poisoned by "forever chemicals" in their vegetable gardens.

Hundreds living near a former ICI plant were warned their spuds and tomatoes might have been contaminated with perfluorooctanoic acid.

The slow-working toxin was used to coat non-stick cooking pans until it was phased out between 2008 and 2015.

Families launched a legal battle after traces were found in soil at 71 homes near the plant – now owned by AGC – in Thornton-Cleveleys, Lancs.

Andrew Molloy – one of 56 waiting for results – said: "I want to see what correlation there is to any existing health issues."

His mum Barbara, 75, said: "I feel sick at the thought of pollution being in my blood." AGC was approached for comment.

TRIBUTES TO CHEERLEADER

Loved by all . . Abbie had just finished GCSEs

Terrifying . . . the catamaran in flames in the Caribbean and cheerleader Abbie, below

Brit Abbie dies in hols boat fireball

Brother and sis among 24 injured

A BRITISH girl of 16 has died after a boat exploded in a fireball in the Caribbean.

Abbie Lainton was with her family on a packed tourist catamaran when it burst into flames.

The cheerleader's sister Carley and brother Bradley were also among the 24 people who were injured.

Family friend Becky Jamieson said: "She was so loved by everyone who knew her. For Abbie, forever 16, forever loved and never forgotten."

The family were on holiday when disaster struck off the Dominican Republic.

Footage shows the boat, which was carrying more than 30 people, on fire as other vessels try to spray it with water.

Abbie was rescued and treated in intensive care in hospital. She had suffered 60 per cent burns and died three days later.

Shortly before the explosion, passengers heard a "pop" after the vessel suddenly accelerated to keep up with other boats.

Gisell Segovia, 22, a tourist from New York, was on board and said the catamaran smelled of petrol and was overfull.

The healthcare worker added of the explosion: "People sitting on the left side of the boat flew off their seats.

"Boat pieces that were on fire started flying everywhere. Everyone was screaming as winds whipped up the fire."

Authorities said 11 of those injured were treated in hospital for burns – the boat's captain, assistant and a tour guide were fighting for life in intensive care.

Abbie, from Swindon, who had just finished her GCSEs, was also on the holiday with mum Becky and financial director dad Gary.

They were returning to resort town Bayahibe after a trip to Saona Island.

Swindon Lightning cheerleading club said of member Abbie: "Her kindness, infectious smile, unwavering encouragement and love for cheerleading touched the lives of so many over the years.

"She brought so much light to our gym, and her loss has left us all heartbroken."

Tanwood School for Performing Arts where Abbie also excelled said: "She always performed with a huge smile. We are all in complete shock at this heartbreaking news."

An investigation into the July 27 tragedy has been launched. An official in the Dominican Republic said: "It was an accident. The young lady and her injured siblings were moved immediately to hospital in the city of La Romana but sadly she did not survive."

EXCLUSIVE by ALEX WEST and BETHAN MOSS

Tragic loss . . . Abbie with her family

FOREVER 16

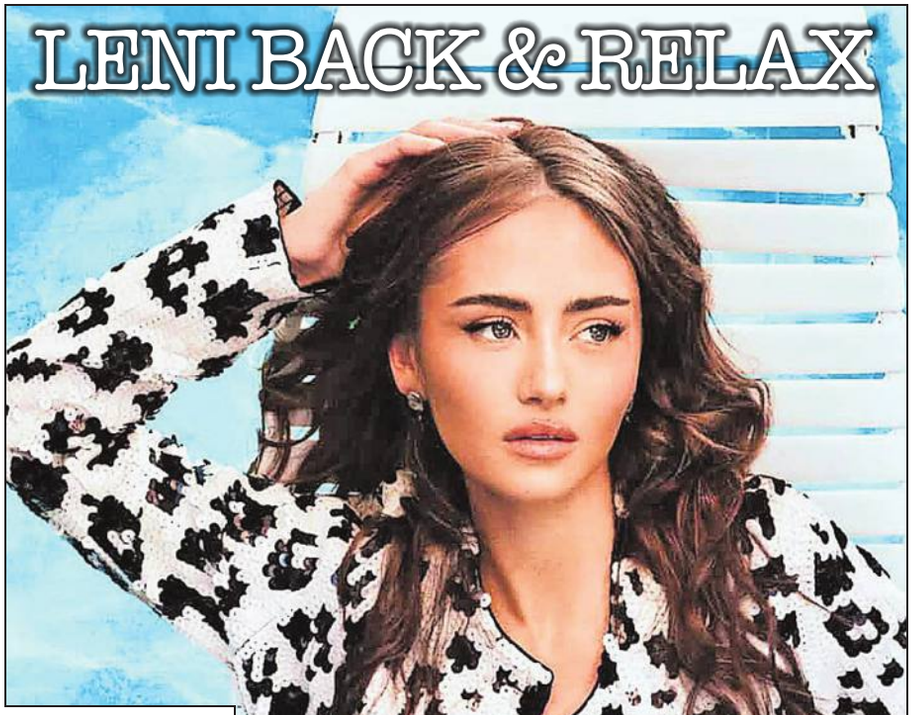
THE Sun ON SUNDAY

FREE PREMIER LEAGUE GUIDE

New season, new signings, new chat down the pub. Get up to speed with our FREE 32-page Premier League guide, packed with fixtures, tactical analysis and stats on all 20 clubs. Give yourself the edge before kick-off.

THIS SUNDAY ONLY IN THE Sun ON SUNDAY

LENI BACK & RELAX



Closed . . . Gatehouse

Anger at mosque plan for shut pub

By EMILY-JANE HEAP

LOCALS are furious at plans to turn a historic pub into a mosque.

The Grade II-listed Gatehouse, built in 1934, shut in 2023 after the death of its landlord.

A community campaign to buy the pub failed.

It has now been bought by a local Muslim association – which wants to convert it into a mosque and community centre for 200 worshippers.

But locals in Norwich are unhappy about losing the pub and the impact on traffic. They also say there is already another mosque nearby.

One wrote online: "We have lost far too many of our pubs. This must not be allowed to happen.

"There is no need or justification for another mosque in Norwich."

Richard Dixon, of the Campaign for Real Ale, said: "No reasonable efforts were made to show the pub cannot be viable. Whilst the changes would nominally make it a community facility, this will not be as a pub."

The application states: "Our dream is a community hub . . . that promotes interfaith engagement and tackles misconceptions about Muslims."

Norwich council will decide on the bid.

NURSED TO WEALTH

Nurse Edith Hounslow's World War One gallantry medals sold at auction in London for £5,500.

Picture: JORDAN MILLINGTON

By HOWELL DAVIES

SUPERMODEL Heidi Klum's daughter shows she's got a trim tum just like her mum.

Model Leni, 22, posed in a monochrome skirt and jacket for Fashion Week Daily.

Leni, seen with Heidi, 53, in Hollywood, *left*, has now moved from LA to New York, but says: "We're best friends. We talk and FaceTime every day."

EXCLUSIVE

Raising the roof . . . 1969 gig

BEATLES' THRONG AND WHINING ROAD

Savile Row fights Macca & Ringo over museum crowds

PLANS for a Beatles museum have received a dressing-down from tailors.

By JOHN LUCAS & KATIE DAVIS

The Fab Four's old HQ in London's Savile Row is set to be a visitor attraction featuring the rooftop where they played their final gig in 1969.

But Mark Henderson, of the Savile Row Bespoke Association, said it could cause "dangerous congestion" and have a "negative impact" on businesses. He told council planners: "The pavements on the street are narrow – already frequently clogged with visitors."

The association represents brands including Edward Sexton, who made suits for The Beatles. Apple Corps, the Fab Four's record label, plans to open The Beatles at 3 Savile Row next year. The seven-floor museum would open the roof where John Lennon, Paul McCartney, George Harrison and Ringo Starr played in public for the last time before cops called a halt due to noise complaints. There's also a re-creation of the basement studio where Let It Be was recorded.

Fab plans . . . former HQ

Reps told Westminster City Council it will be a "local cultural asset (not just a tourist destination)" and an "education platform rooted in music, creativity, and social history".

The council will decide in due course, but the plan is backed by surviving Beatles Paul and Ringo. Paul said previously: "There are so many special memories within the walls, not to mention the rooftop."

Sun SPOT

STAR Wars fan Chester Walsh, 29, has spent £9,000 building a 23ft-long spaceship – complete with a fully-stocked bar – in his back garden in Northamptonshire.

'SPY 2' EAT AGAIN

A COUPLE jailed for ten years in Iran for alleged spying have ended a three-month hunger strike.

Brits Craig and Lindsay Foreman were detained in 2023 on a round-the-world motorcycle trip.

They refused food at the Tehran prison after contact with their family was cut. The couple, of East Sussex, have now been told they can call home.

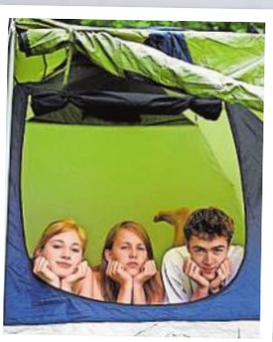
But yesterday afternoon relatives said they had yet to hear from the pair, who deny spying.

SEVEN FUN IDEAS FOR SUMMER BREAK

Garden camping

IF you have a garden, then pitching a tent gives the kids the novelty factor of camping without campsite costs. If you don't have your own garden, you might need to persuade grandparents or hospitable friends to offer up their lawn instead.

Toasting marshmallows and telling stories by torchlight has a fighting chance of getting teens to leave those screens inside. Hide their devices and turn off the router if necessary. There's a risk they'll be woken by foxes and up with the dawn chorus though. If you don't have camping gear, buy second-hand or borrow some.



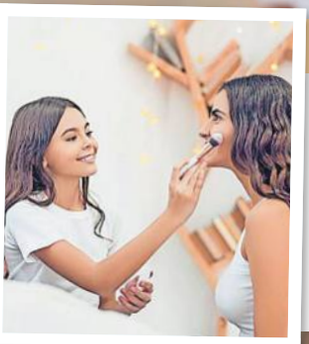
Styling challenge

THIS is a great one for older teen girls, especially if they are style conscious.

Encourage them to offer makeovers to friends, parents and the wider family. This could include creating new hairstyles, applying make-up and choosing garments to style an outfit from existing clothes.

You might be surprised by how differently they dress you compared to your own choices – even when they make outfits from your own wardrobe.

This doesn't have to involve actual haircutting though!



30-day photo challenge

TEENS love taking photos, so make the most of it. Set a challenge where they must come up with a list of 30 categories to inspire a photo each day.

This could be "my favourite thing" or "food" – or make it tougher with a subject such as "inspired by a song".

For older teens, subjects could be artier, cooler and more obscure, such as emotions or feelings.

If you are trying to get them off their phones, propose a disposable or Polaroid camera. Suggest printing images at the end to make an album, or get them to choose their favourite photo and frame it.

FOCUS . . . fun challenges spark creativity

FED up with hearing "I'm bored"? Research shows mid-August is peak time for school holiday tedium, with one in ten parents saying their offspring complain daily.

Teenagers often struggle the most with boredom over the break thanks to adolescent brains seeking stimulation while childhood fun no longer cuts it.

If you're stuck for things to suggest for keeping older kids busy, here teen expert and author Liat Hughes Joshi offers LAURA STOTT some affordable suggestions.

Come dine with us

STAGE a cooking competition. Split into teams – these could be a parent plus teen, or teen friends. One team makes a meal and the others judge their culinary skills and hosting techniques. Once you sit down, it's no screens at the table – so it's a great one to get everyone chatting.

You could even blindfold the diners and make them guess what they are eating.

If they really enjoy it, you can introduce themes such as Mexican, Italian – or whatever the teens fancy, for next time.

Limit menus to ingredients you already have to lower costs, or give them a limited selection of ingredients in the style of 90s cooking show Ready Steady Cook.

Random acts of kindness day

SET your teen the task of coming up with five to ten kind things to do in a day.

This could be delivering home-made food to an elderly neighbour, helping a sibling with a chore or asking someone with fewer friends than them to come over.

The activity here is coming up with the ideas as well as executing them – so let your teens offer their own suggestions for ways of injecting a dose of generosity into their day.

Come dine with teen to beat hols boredom

Start a business

STARTING their own, very small (for now) business is a great boredom-buster for any teen with a can-do attitude who wants to earn some extra cash and be a budding tycoon. They can suggest their own pocket-money boosters – but car-washing, making greetings cards or dog-walking are all great introductions to the entrepreneurial world.

Encourage them to consider business questions such as what is different about their product or service, who are their customers and how will they advertise.

They should also consider budgeting.

Charity shop contest

THIS is a fun one for teens where they can get creative – and out of the house and off their screens, too. Give them a small budget and set challenges for them to solve while scouring local charity shops.

The tasks could be things like, who can get the most useful item or who can find the coolest object. You could even give them a list of things, Apprentice-style, that you actually need and see how many they can find. They could work as a team so you don't end up with duplicate items.

If they are doing the photo-challenge idea, *above*, you could combine the two.

Ablaze . . . the fire at club

'Arson' at The Full Monty's strip club

By PAUL SIMS

A FIRE at a club which appeared in the hit film The Full Monty is believed to have been started deliberately.

The blaze broke out at about 5pm on Sunday.

Eight fire engines attended but there were no reports of injuries.

The venue – Shiregreen Working Men's Club in Sheffield – has been closed since 2019 and was also the target of an arson attack last year.

It was saved from demolition in 2020 after more than 1,000 people signed a petition.

Oscar-winning comedy The Full Monty depicted the lives of Sheffield steelworkers who were made redundant and turned to stripping to try to earn a living.

The 1997 film, starring Robert Carlyle and Mark Addy, was one of the highest-grossing British films of the 1990s.

The movie's final scene was filmed in the club.

Bidding war . . . egg

£123,000 for gold Cadbury hunt egg

By ODHRAN GALLAGHER

A SOLID gold Cadbury egg has sold for a record-breaking £123,500.

Experts expected the rare piece to fetch around £15,000 – until a bidding war broke out.

The 22-carat egg, called Cuckoo Cuckoo, was one of just a dozen created for Cadbury's Conundrum treasure hunt in 1983.

Weighing 253g and 8cm high, it is enamelled in translucent green and blue and features a cuckoo in a tree.

It was originally found in Somerset, buried in one of 12 perspex caskets hidden across the UK for members of the public to find as part of a successful Cadbury ad campaign.

The finder sold it eight years ago for £6,500, but it made 19 times that amount after bids from around the world at Batemans of Stamford.

It is the highest price paid for one of the eggs and set a record for the Lincolnshire auctioneers.

NEW E.T. BLOCKBUSTER

Ouch . . . E.T. Lego set costs £120

Picture: LEGO

By SEBASTIAN HAW

A LEGO version of E.T. has landed — at the astronomical price of £120.

Creator Richard Lemeiter's block-based version of the movie alien was backed by 10,000 votes on the Lego Ideas platform.

The finished model — now available online — features a posable head, arms, hands and feet, along with an extending neck.

Lemeiter, 52, from Lille, France, was inspired to make the 1,226-piece model by the 1982 Steven Spielberg film's timeless appeal. He said: "I was ten when I first saw it. It became engraved in my mind at a time when space was one of my main interests."

Ice van's jingle hell

AN ice cream van man was banned from a housing estate after a complaint about his chimes.

The council stepped in when a local moaned the "excessively loud" jingles were played at 8pm, an hour over the legal limit.

Mark Edwards said he would have to stop visiting Capel Farm in Tonyrefail, South Wales.

But he agreed to return, minus the chimes, after locals started a petition.

One asked: "What has the world come to?"

OF ALL THE POSTERS

A rare colour poster for the classic 1942 movie Casablanca could sell for £225,000 in Dallas, US.

EXCLUSIVE

£232M IN BANANA COKE BUST

NEARLY three tons of cocaine with a street value of £232million was discovered in a container of bananas.

By MIKE SULLIVAN and BENEDICT ELLIOT

Border Force officers with sniffer dogs found the drugs in the consignment from Colombia.

The National Crime Agency was alerted and officers seized the dope at London Gateway Port in Essex on Friday.

They then watched as a man in a truck drove the shipment — minus the cocaine — to a warehouse, where a crime gang had "a massive panic" on finding the drugs missing.

The NCA raided the site near Buntingford, Herts, and eight Brits and one Dutchman were arrested.

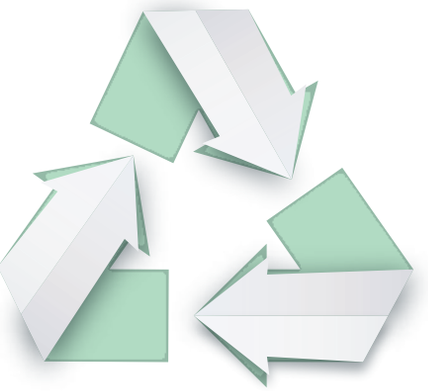
Haul . . . cocaine in bananas

A source said: "They must have thought they had been turned over by criminals but, worse than that, the NCA went steaming in. It's the biggest seizure of cocaine in the last few years and this will cause serious grief in the criminal underworld.

"There could be massive fall-outs over the loss of the drugs."

The nine arrested, most in their 20s, have all been bailed pending enquiries.

NCA officers were still searching the warehouse yesterday. The largest ever seizure of cocaine in the UK came in Southampton in 2024 when 5.7 tons was found hidden in banana containers heading to Europe from Colombia.



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Resigned . . . professor

Arday in race slur claim by student

By OSCAR JAEGER

A FORMER student of controversial Cambridge professor Jason Arday claimed he accused her of white privilege when she challenged him.

Arday, who resigned last week amid allegations of dishonesty and academic plagiarism, is alleged to have implied she was racist after she complained about her essay score.

The former University of Roehampton student told The Times of his reaction to being asked for feedback: "Arday implied that I was racist, and said that the only reason I wasn't happy with 70 per cent was due to my 'white privilege'."

It raises further questions over the University of Cambridge's decision to appoint Arday as professor of sociology of education in 2023, given his relative lack of qualifications and published academic work.

Ben . . . & show's Daisy

Dukes of Hazzard Ben dies aged 84

By AMIR RAZAVI

THE Dukes of Hazzard star Ben Jones – who played Bo and Luke Duke's sidekick Cooter Davenport – has died.

The US actor was best known for his role as the scruffy mechanic in the action comedy TV series from 1979 to 1985.

His death aged 84 was announced by his wife Alma Viator, who said he suffered a heart attack at home on Sunday.

She wrote online: "I lost the love of my life today. Ben passed from a massive heart attack."

Alongside a photo of him cuddling their dog, she added of baseball fan Ben: "He was home resting in his favourite chair waiting for the Braves to come on and whoop the Yankees."

Co-star Tom Wopat, 74 – who played Luke – said: "Ben Jones was a fine friend. He will be sorely missed." Ben was a Democrat congressman for four years from 1988.

AS EXCITEMENT BUILDS FOR TOM

EAST LONDON

Kids from aptly-named street look through safety specs at 1999 marvel

CONCORDE

Passengers paid £1,500 to watch from the air

VAUVILLE, FR

Awe-struck crowd gaz the sky during event 2

By GRANT ROLLINGS

CROWDED on to rooftops, ships, hillsides and bridges, millions of us were awe-struck as we witnessed 1999's total solar eclipse.

The date was August 11, and it was the first time this country had experienced the celestial spectacle for 72 years.

No one wanted to miss it. Like the audience at a 3D movie, they wore special glasses to protect their eyes so they could gaze to the heavens as the moon covered the sun.

Factories closed, roads were clogged by traffic jams and trials at the Old Bailey in London were even briefly paused so that judges, lawyers, and jurors could watch day turn to night in the first full eclipse visible in the UK since June 29, 1927.

Tomorrow, the nation will once again have the chance to witness this incredible phenomenon when 90 to 95 per cent of the sun is hidden from view in a dramatic partial eclipse.

These cosmic coincidences happen because the sun is about 400 times larger than the moon, and about 400 times further away from Earth, making them appear almost the same size in our sky.

This allows us to witness wonders such as a breathtaking total solar eclipse, where the moon can perfectly cover the sun.

So be sure you do not miss out on tomorrow's marvel because the next full one is not due until September 23, 2090.

Dr Cyrielle Opitom, a member of the Royal Astronomical Society council, tells The Sun: "If the moon had been just a little bit further away from us there would never be a total eclipse."

The moon passes just above or below the sun every month. Normally, when this happens, the moon is not visible because it is obscured by the solar glare. But during an eclipse, the moon passes directly between Earth and the sun.

In another stroke of random good fortune, Cornwall should again be the best place to view the phenomena.

In 1999, the "path of totality" – meaning the point at which there is a 100 per cent eclipse – passed between Penzance and Falmouth on the peninsula of England.

This time, around 95 per cent of the sun will be blotted out above Cornwall just after 7pm tomorrow.

Edinburgh and London will both see a 91 per cent eclipse, while it will be 93 per cent in Belfast and 92 per cent in Newcastle. Anyone wishing to enjoy a "totality" tomorrow needs to head elsewhere in Europe. The most western point of Iceland, a tiny part of Portugal and a large chunk of northern Spain are in its path.

To celebrate, Bjork is headlining a rave near Iceland's capital, Reykjavik, and there are seven festivals in Spain.

Other fanatics will be out in the Atlantic on specially chartered ships to catch the historic moment.

A solar eclipse does happen once every 18 months somewhere on Earth and there are obsessives who try to witness as many as possible, though not all are as dramatic as tomorrow's.

Dr Opitom, who saw a full one on the horizon from an observatory in Chile in 2019, says: "It is absolutely spectacular." Back in 1999, two Concordes were sent up by British Airways so that 200 passengers paying £1,500 per seat had the best chance of getting a clear view of the event from the air.

'Eerie moment'

On the ground, a total eclipse lasts for around two minutes, but due to the supersonic craft travelling at twice the speed of sound, they got to enjoy it for some six minutes.

The number of people on the tiny Channel island of Alderney swelled fivefold, from 2,000 to 10,000, because it was one of the best spots to see the incredible sight.

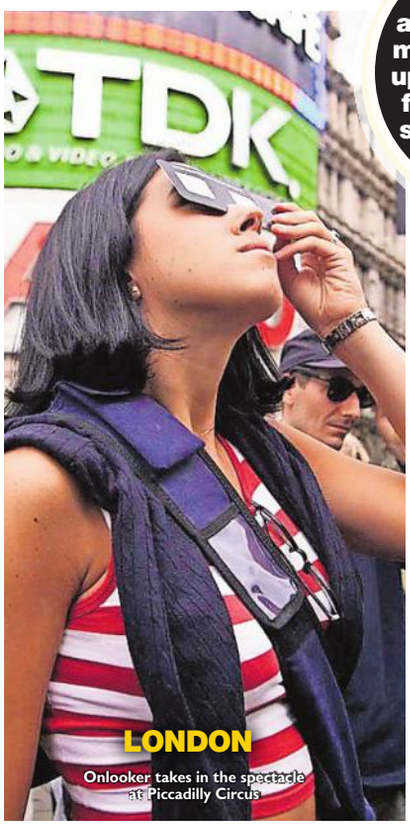
Around 250,000 extra tourists headed for Devon and Cornwall 27 years ago, and there were traffic jams on the way to Land's End, one of the first places in Europe to go fully dark at 11.11am.

As the eclipse started, the birds went quiet and ducks tucked their heads in their wing feathers, believing it was night-time. Once it was over, the air was filled with a "dawn chorus" as they woke up again.

The temperature also dropped, but the South West was largely cloudy so onlookers only caught glimpses of the total eclipse.

There were some parts of the British Isles where the skies were clear enough to fully enjoy the eerie moment, particularly the North East of England.

Tomorrow, there is far more chance of the clouds parting as the heatwave



LONDON

Onlooker takes in the spectacle at Piccadilly Circus

'Like the audience at a 3D movie they gazed up to the heavens from behind the safety of special specs'

Will 1999 be t

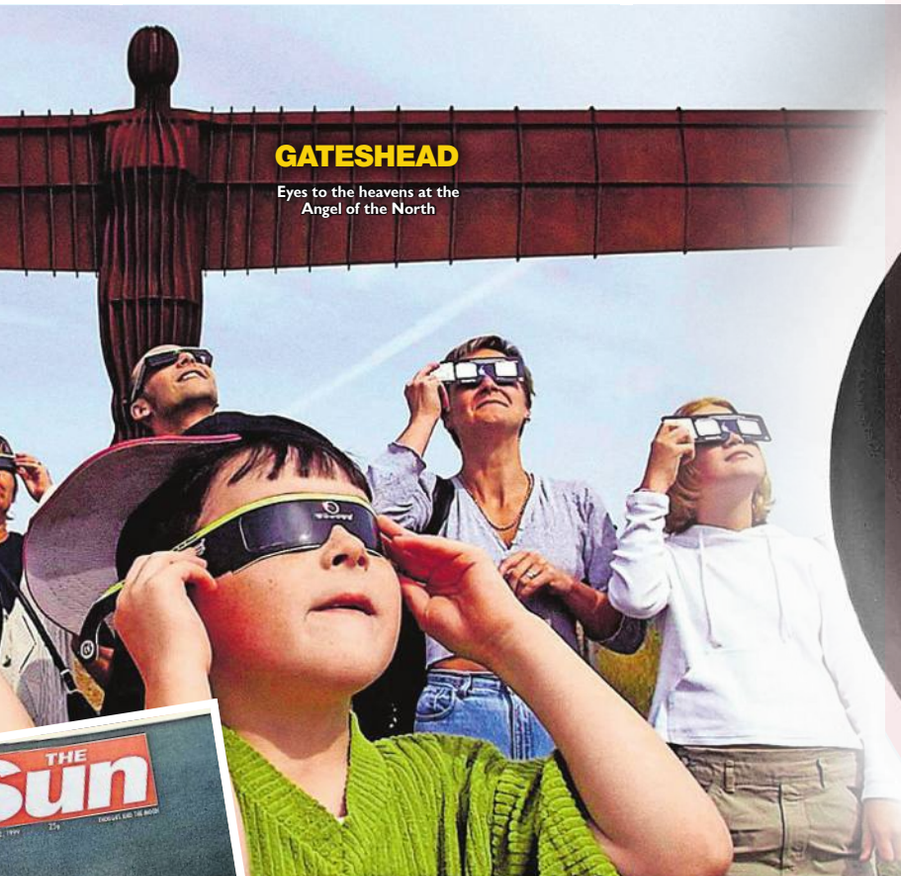
IORROW'S SOLAR SPECTACLE, WE ASK...

ANCE
es towards
years ago

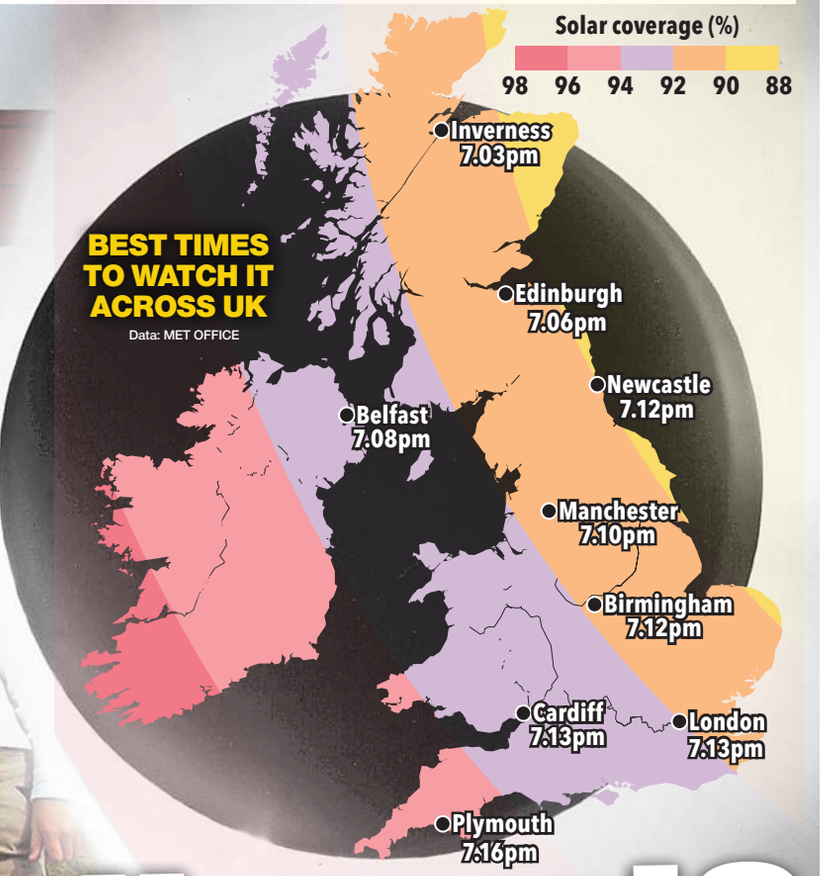
PAIGNTON, DEVON
A viewing hotspot, but these women look less than impressed

ROME
Pope John Paul II watches through a piece of special glass

PENZANCE, CORNWALL
Skies darken as crowds gather for the big moment



GATESHEAD
Eyes to the heavens at the Angel of the North



tally eclipsed?

inues. Most of Britain should be
ny until the moon begins to
cure the rays just after 6pm.
hether it is cloudy or not, one
always applies – never look at
sun with the naked eye.
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earing regular sunglasses is no
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dard should be used.
ake sure they are bought from a
ted retailer because fake ones are being sold online. Despite repeated warnings about the risk in 1999, hospitals across the country received hundreds of calls from people complaining about eye problems in the aftermath of the eclipse.

End of the world

If you want to keep the party going this year, then there is a good reason to stay out beyond 6pm.

That is because there is the added bonus of the Perseid meteor shower.

With the moon in its new moon phase, and its light diminished, during the Perseid's peak it should be much more visible over the UK. Keep your eyes peeled between midnight tomorrow and 5.30am on Thursday. The eclipse will also be a far more relaxing occasion this time around.

In 1999, with the turn of the millennium just over four months away, there were a lot of predictions that the darkened skies heralded the end of the world.

Verses from the 16th century French astrologer Nostradamus had been interpreted to predict "fire from heaven" in that year.

Fashion designer Paco Rabanne had even warned that the MIR space station would plummet to Earth and that Paris would be destroyed.

As with all the millennium scare stories, no disasters befell anyone. In fact, after the eclipse passed Britain on its way towards the Middle East and India, everyone returned to their desks to switch back on their computers and make themselves a cup of tea.

The power surge was the biggest the UK had ever experienced.

With a peak demand of 36,150 megawatts, it was even higher than when the nation tuned in to watch Prince Charles marry Lady Diana Spencer in 1981.

And as the skies lightened there was one other lesson we learned from 1999.

Nothing can ever truly eclipse The Sun.

MARAZION, CORNWALL
Druid Dylan Ap Talban watching the last eclipse of the century

TOMORROW: HOW TO WATCH THE ECLIPSE SAFELY

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Sun health+

Scrub

By LUCY GORNALL

IF you're feeling a bit tubby and want to shift weight, get moving with some everyday chores.

We all know that exercise is good for us. But finding the time and motivation can be the problem if you're busy, injured or in poor health.

But you don't have to go to huge lengths. England's chief medical officer, Professor Chris Whitty, says any exercise is better than none, due to the harms of sitting for long periods.

As a nation, we spend, on average, nearly seven hours sitting down on a typical weekday, with one in five racking up ten hours or more, according to research by Vitality health insurance.

But small amounts of movement add up and can help us hit the NHS targets.

Since 2011, the advice has been to do 150 minutes of exercise per week and muscle-strengthening activities twice a week. But now there is also a focus on why small amounts of movement add up over a lifetime.

As a personal trainer, I've worked out how many calories an 11st woman would burn doing some mundane chores.

I've used metabolic equivalents, also known as METs, which measure how much energy an activity burns compared to sitting still.

Based on needing to burn 3,500 calories to lose one pound of fat, you could lose 2lb a month – or nearly 2st in a year – just by getting up more.

Here, I reveal the housework jobs that can make you healthier along with tips from Will Duru, personal trainer and founder of training app, 12Reps.

GREEN FINGERS

WEEDING, digging, raking and mowing the lawn – these are moderate-intensity activities that work every muscle in your body.

Will says: "Rather than bending down when pulling out the weeds, try dropping into a low squat instead to work your lower body muscles.

"Make sure you switch positions too, so that you're not just overworking one part of your body."

Burn: **420 CALS** IN ONE HOUR

HOOVER LUNGE

A BRISK vacuum can really get your heart pumping more than you think, turning a routine chore into an effective cardiovascular workout.

Will says: "Make it harder by forward and reverse lunging (dropping your knees to the floor) instead of walking as you move the vacuum around. Your lower body has some of your biggest muscles (glutes, hamstrings, quads), so working them harder will increase your calorie burn."

For the stairs, try carrying the vacuum as you go, to work your arms, shoulders and core. Moving quicker will increase intensity.

Finish by mopping floors. The side-to-side sweeping motion acts as a fantastic rotational core workout, sculpting your obliques (ab muscles on the side of your torso).

Burn: **314 CALS** 30 mins, twice a week

BOILING POINT

IN the three minutes it takes a full kettle to boil, you can get your heart rate soaring and blast some easy calories.

Will says: "Stand on the spot then lift your knees up high, alternating as quickly as you can.

"Aim to go for as long as you can. Pump your arms for extra intensity." If jumping puts too much pressure on your joints, march on the spot while tightly bracing your core. Or, do squats or calf raises.

This mini-workout, done just once a day, would burn 196 calories a week.

Burn: **28 CALS** IN 3 MINS

Edited by
LIZZIE PARRY
My team:
Vanessa Chalmers
Sam Blanchard
Katrina Turrill
Emily Stearn
Eliza Loukou
Molly Bowcott

+ FAMILY HEALTH
+ FITNESS
+ DIET & NUTRITION
+ SLEEP & WELLBEING
+ MENTAL HEALTH

Read more every day at
thesun.co.uk/health
Email us at
health@thesun.co.uk

Ask Dr Zoe
Your health questions answered
See Page 30

FEELING LARDY? LOSE UP TO 2ST A YEAR BY DOING CHORES

a dub tubb

SCRUB-A-DUB-DUB

GRIME quickly builds up in the grout between tiles – and tiles are prone to limescale marks, too. There's a reason many of us put off doing a deep clean like this – because it's hard work!

But spend 15 minutes on this task a week and you've burned an extra 88 calories.

Will says: "The harder you scrub, the more you'll work your arms, core and shoulders, which racks up a bigger calorie burn.

"Use both hands to balance out the work. Try scrubbing hard and fast for 30 seconds, then slowing it down for 30. Short bursts allow you to work harder and make your heart rate soar.

"For areas low down, get into a squat position rather than bending. This will keep lower body muscles under tension, forcing them to work harder – and save your back from straining."

Burn: **88 CALS** in 15 mins

STAIR CLIMBER

IF you're used to taking the lift or standing still on the escalator, try walking up stairs instead.

Although the calorie burn is moderate, every flight of stairs contributes to potentially hundreds of calories burned per week.

"If you want to increase the calorie burn, walk up the stairs a little quicker or try taking the stairs two at a time to work your lower body a little harder," says Will.

Burn: **103 CALS** for 10 mins over the day

WALK IT OFF

TURN short journeys into calorie-burning opportunities.

Not only does skipping the car save on fuel, but you'll rack up precious exercise minutes too.

"Walking vigorously will get your heart rate up and burn more calories," says Will.

"It also breaks up long periods of sitting down. If you've just eaten, it's also a great way to help your food digest."

Burn: **61 CALS**

FLOOR PLAN

IF you really want to blast the core, ditch the mop and get on your knees.

Grab a floor wipe and kneel on the ground, wiping the floor in large, circular motions.

You can make this harder by lifting your knees off the ground and getting into a full plank position.

Will says: "A strong core is essential for every movement you do, as well as for helping your posture and avoiding back injuries."

Burn: **263 CALS** IN 45 MINS

DITCH THE DISHWASHER

SKIPPING the dishwasher could give your body – and arms in particular – a workout.

Will says: "The dirtier your plates and pans, the more vigorously you have to scrub and the more you'll be working your biceps and shoulders.

"Make your lower body work too. Try calf raises as you're washing up by rising up on to your tiptoes, before lowering back down slowly.

"Try working your balance too, which is something that naturally declines with age.

"Stand on one leg as you wash the dishes, then, when you are tired, swap legs."

Done every day, you can burn 245 calories in a week.

Burn: **35 CALS** IN 15 MINS

Pictures by OLIVIA WEST

Sunhealth+

Expert advice from **Dr Zoe Williams,** our very own resident specialist and practising NHS GP

All the answers to help you sort those niggling health worries

ASK Dr ZOE

DEMENTIA is something that scares many of us, especially if we have witnessed loved ones go through it.

Middle-age is a prime time to help prevent the disease. A recent study linked having normal blood pressure, no diabetes and not smoking from age 45 to 65 to warding off dementia for 13 years.

We already know that brain health is linked to lifestyle choices, which also includes exercise, alcohol intake and your social life. While you may not be able to avoid dementia entirely as genetics also play a role, you may be able to increase the number of years you may live dementia-free, which is far more positive to focus on.

Here I answer some of the questions readers have asked this week . . .

Got a question for Dr Zoe? Email her at health@thesun.co.uk

MENOPAUSAL ISSUES

Q I am 52 and had my last period 15 months ago. For the last couple of weeks, I've been experiencing an achy stomach and tenderness in my breasts, which I used to get before my period was due.

I've also noticed a clear slimy discharge when wiping myself after the toilet.

Are these normal menopause symptoms, or should I be concerned?

A I can see why this has been worrying.

Once you have gone 12 months without a period, you are considered post-menopausal, so it is sensible to pay attention to new symptoms.

Breast tenderness and an achy lower abdomen can sometimes feel like the premenstrual symptoms you used to get.

Even after periods stop, hormone levels do not switch off overnight, and some women still notice occasional hormonal-type symptoms for a while.

A clear, slippery discharge can also happen and is not automatically serious.

Vaginal discharge can change with hormones, sexual arousal, irritation, infection, or vaginal and vulval tissue changes after menopause.

However, because these symptoms are new after 15 months without a period, I would suggest you see your GP.

They may suggest a urine test, swabs, and an abdominal, pelvic or speculum examination.

Pelvic inflammatory disease is infection involving the womb, fallopian tubes or ovaries, and can cause lower abdominal pain, pelvic discomfort, discharge, pain during sex or bleeding.

It is less common after menopause, but still possible and needs treatment.

Vaginal bleeding or spotting (red, pink or brown) after menopause is a red flag – even a small amount.

I'd also suggest you see someone for discharge that smells unpleasant, changes colour, causes itching or soreness, or if you develop fever, worsening pelvic pain, persistent bloating, feeling full quickly, unexplained weight loss, or needing to pass urine more often.

Getting assessed does not mean something is seriously wrong, it means making sure nothing important is missed.

Q MY mum, 69, has had recurrent UTIs since June and has already had five courses of antibiotics.

She has to urinate every 30 minutes, but it's not just a dribble.

She also has a sore vaginal area, made worse by sitting, walking, going out, every bump in the road.

What frustrates her most is that she hasn't seen a doctor or nurse, only handed in urine samples.

I implore her to phone the surgery again, but her words were, "They don't care about me".

A It makes me feel awful as a doctor to hear that she thinks this, as I can almost guarantee she is cared about.

GP services are under huge pressure, and unfortunately, people who are less likely to push can struggle to get the attention they need.

With her permission, you are within your rights to contact the surgery on her behalf and could also attend with her if she would find that helpful.

One reason that recurrent urine infections can happen after menopause is because lower oestrogen levels change the tissues around the vagina, vulva, urethra and bladder. Called genitourinary syndrome of menopause, it can cause soreness, burning, urgency, frequency and recurrent UTIs. Vaginal oestrogen treatment can be very effective for some women. But your mum needs an examination and proper investigation, as there are other potential causes too. Antibiotic-resistant types of bacteria, infection, but also vaginal atrophy, vulval skin conditions, prolapse, bladder pain syndrome, stones, incomplete bladder emptying, diabetes or, less commonly, something more serious, could be to blame.

Symptoms this severe and for months should not be managed only by repeated antibiotics. After five courses, doctors need to know whether this is persistent infection, repeated new infections, resistant bacteria or symptoms mimicking UTI.

It is important that urine samples are sent for culture, so antibiotics can be targeted.

She should ask clearly for a face-to-face appointment with a GP or nurse practitioner. If this fails, try 111.

Seek urgent help if she develops fever, loin pain, vomiting, confusion, blood in the urine, weakness or becomes unable to pass urine.

Shaking chills leave me paralysed

Q I AM a 70-year-old man and, for 30 years, I have had an unusual problem.

I can get extremely cold with severe shakes like hypothermia and can barely walk and would not be able to drive.

It does not even have to be cold, but it feels like -20C and my heart rate is elevated. All I can do is curl up and wait for it to pass, usually I sleep.

I have heart failure. It can be very scary for my wife. Doctors have got nowhere.

A I'm sorry you have been living with this for so long.

I don't know what is causing this, but it is definitely not something to ignore. Severe shaking chills can happen with infection, but also potentially with sudden changes in blood pressure, blood sugar problems, thyroid or adrenal issues, medication effects, abnormal heart rhythms, or problems with the nervous system's temperature regulation.

A next step is to gather more information during an episode.

Your wife could note your temperature, pulse, blood pressure (if you have a machine), how long it lasts and whether you are confused, breathless, clammy, blue-lipped or having chest pain.

She could take a video to show your doctor what the shaking looks like. It would be reasonable to ask your GP whether heart rhythm monitoring – a 24-hour, 48-hour or seven-day Holter monitor – is needed to pick up abnormal heart rhythms. Ask for a review of your heart failure, medications and blood tests, including full blood count, kidney and liver function, thyroid, glucose, inflammation markers, B12, folate, ferritin and possibly cortisol depending on your history.

You should not drive until you have discussed this with your doctor, as DVLA guidance says sudden, disabling or recurrent dizziness must be reported.

If you become confused, very drowsy, breathless, have chest pain, collapse, or your wife is seriously worried, call 999.

TIP of the WEEK

DO you struggle to get, or maintain, an erection? It could be an early warning sign of heart disease. Vascular changes often affect the smallest blood vessels first, sometimes years before a diagnosis. So don't be embarrassed to seek help, book in to see your GP.

SOLAR SIGHT WARNING

EYE doctors are warning people not to use their sunglasses to view the solar eclipse tomorrow evening.

More than 90 per cent of the sun will be obscured by the moon between 6.17pm and 8.06pm – the most it has been obscured in UK skies since 1999.

But the Royal College of Ophthalmologists warns using standard sunglasses, no matter how dark, could leave you with permanently damaged eyes.

Equally, you should never look at the sun through binoculars, a telescope or any other direct method. After the 1999 total eclipse, around 70 people in the UK reported vision problems.

About 40 per cent of those had looked at the sun for less than a minute.

Mohamed Elalfy, president of the college, said: "The safest way to enjoy the eclipse is to observe it indirectly, such as by watching a live broadcast.

"Looking directly at the sun can cause damage to the retina, potentially damaging the cells responsible for sharp central vision.

"The retina has no pain receptors, so people will not feel damage as it happens.

"While some recover over weeks or months, others can be left with permanent visual impairment.

"Symptoms may only become apparent several hours later and can include blurred vision, a central blind or dark spot, distorted vision, reduced colour perception and increased sensitivity to light."

Only purpose-built eclipse glasses bearing the ISO 12312-2 safety standard can allow you to watch an eclipse.

SAFE SIGHT . . . eclipse specs

DRUGS' SUNBURN RISK

YOUR medicine could put you at risk of blistering sunburn.

The Medicines and Healthcare products Regulatory Agency has urged people using painkillers and other common medicines to take extra precautions as the nation faces another heatwave this week.

The watchdog's chief safety officer, Dr Alison Cave, warned: "Some commonly used medicines can affect the body's ability to stay hydrated, regulate temperature, or protect itself from sun exposure".

Pain relief drugs such as ibuprofen and naproxen could increase sensitivity to the sun, "meaning skin can burn faster or more severely than expected," she said.

Antibiotics doxycycline and tetracycline; acne treatments like isotretinoin and topical retinoids; and antifungal medicines such as voriconazole carry the same risk. If you take disease-modifying antirheumatic drugs to treat rheumatoid arthritis, psoriatic arthritis and lupus, you may also be at higher risk. This includes medicines like methotrexate and azathioprine.

"Proton pump inhibitors, commonly used to treat acid reflux and heartburn, have also been linked to a very low risk of a lupus-like skin reaction triggered by sun exposure," Dr Cave added.

And diuretics, prescribed for blood pressure or heart conditions, can increase fluid loss and make dehydration more likely.

"Some antidepressants and antipsychotics can affect the body's ability to regulate temperature, and medicines such as beta blockers may reduce the body's response to heat stress," Dr Cave added.

dear deidre

Edited by SALLY LAND

Need our help? Email deardeidre@the-sun.co.uk any time

Team: JANE ALLTON, HILARY FREEMAN, KALLY LEWIS, CATHERINE THOMAS and KATE TAYLOR

Her rape claim is revenge bid

Dear Deidre

THE sexiest encounter I've ever experienced has turned into a nightmare. I spend most of my waking hours reliving that night, trying to work out what went wrong.

I'm on bail for the alleged rape of a girl who I had sex with but I would never do that to anyone.

She's been in my life for months. She's 26 and we met in a pub.

We had sex a couple of times and I've always been clear that I don't want more than that.

She'll call when she wants sex and I oblige. It's a classic friends with benefits situation.

A couple of weeks ago, she messaged saying that she wanted to be exclusive.

I said I wasn't interested. I got another text later that night to say she was coming over.

I opened the door and she was there in a coat, wearing nothing underneath. It was a real turn-on.

She then dropped the coat and immediately started coming on to me sexually. She wanted full sex without a condom but I said no, and went and got one.

As soon as it was over, she left and I went to bed.

The next day, the police were banging on my door saying she'd accused me of rape. I was horrified.

I hadn't had a drink when she turned up at my flat and I don't do drugs or anything which would stop me remembering what happened.

I'm a good looking guy of 32. I don't have to try too hard to pull but I'm yet to meet somebody who I think could be the one.

It's certainly not her now.

I'm on bail and it may go to court. They are gathering evidence at the moment. If it is a case of her word against mine, I might end up in prison. I'm terrified.

I think she's just out for revenge because I don't want a relationship.

■ DEIDRE SAYS: If the police are gathering evidence, make sure they have every scrap of information from you – any text messages, the condom if it's still around and even Ring doorbell footage if you have one, as far back as you can showing she comes to your flat voluntarily.

They have to take her accusations seriously but, without evidence, they may drop the case. Clearly, you didn't know this woman as well as you thought.

Lean on your friends and family for support through what will be an incredibly difficult time.

You can find emotional aid through the False Allegation Support Organisation (false-allegations.org.uk, 0333 577 9377).

dear deidre

Scan this QR code to talk to trained counsellors, Mon-Thurs, 1pm-4pm. We're humans, not chatbots.

LIVE Chat

WORRIED MY GUY IS A CHEAT

Dear Deidre

MY boyfriend says he'll dump me if I don't stop accusing him of cheating.

I'm female and 38. My first marriage broke down when my husband cheated.

My boyfriend treats me like a princess but when we're not together, I overthink.

We met online and quickly became lovers. He comes baggage-free as he's not had a proper relationship before.

But he lives more than 200 miles from me so we can only get together once every couple of months. He's 41.

If I can't get hold of him or he doesn't answer my texts right away, my mind goes into a spin. I've asked him about half a dozen times if he's with another woman.

He never is but he's now saying he's at the end of his tether with my accusations.

■ DEIDRE SAYS: You've been hurt by your former husband but not every man is out to cheat on you.

Your boyfriend may not have met the woman of his dreams so far – but you could be that person.

However, a man in his forties without baggage may be set in his ways.

Every time you suspect he's cheating, he proves you wrong.

Sooner or later you need to decide whether you can take that leap of faith and start trusting him. Your relationship won't last without that understanding.

In time you can have a proper talk about where he sees your relationship going. My support pack, Dealing With Jealousy, may help you to put your worries into perspective.

I'M GAY BUT MUM CALLS IT 'A PHASE'

Dear Deidre

MY mother will not accept my girlfriend as a permanent partner.

She says it's a phase I'm going through and it really annoys me.

I'm 24 and I came out to my family three years ago. I've been with my girlfriend for nearly two years.

My mum is polite to her but she still talks about me meeting a man.

She won't invite my girlfriend to any family gatherings. I let a couple of things go early on in our relationship but she's planning a party for my dad's 60th and when I asked about my girlfriend coming she said, "It's family only darling, not friends." My brother's girlfriend is coming and they've been together for three months. I despair.

■ DEIDRE SAYS: Your mother finds it difficult to believe that you're gay. She can't understand that the aspirations she had for you won't come to fruition.

Find a moment to talk to her and explain that being gay isn't something you chose but it is part of who you are.

She may be worried that you can't have a family without a man but times have changed and there are ways of still becoming parents in a same-sex relationship, so at least you can give her reassurance, if that is her worry.

My LGBT+ support pack will show you organisations where you and your mum can talk in confidence.

hot topic

IT'S normal for your sex drive to change over time, but when a lack of desire starts affecting your confidence or relationship, it can become difficult to ignore.

Low libido can have many causes, from stress and exhaustion to hormonal changes or emotional distance.

If you're looking to bring the spark back, my support pack, Reviving Sex Drive, can help.

stories deidre's photo casebook | HANNAH'S FAUX FRIEND: DAY 2

Clothes by Boohoo and BoohooMAN

CONTINUES TOMORROW

Dear Deidre

A YOUNG teenager I was babysitting kissed me on the lips.

I'm a married man with a daughter of nine. My wife is a friend of this girl's mum.

We felt sorry for her when her partner left her with three kids to bring up.

The little ones are four and seven and the older daughter is 14. Their mum was going to visit her sister in hospital and my wife had arranged to babysit.

Unfortunately, our own daughter was feeling poorly with tonsillitis and she wanted my wife to stay with her, so I offered to sit with the friend's children instead.

The younger kids were in their pyjamas when I arrived, so I read them a bedtime story and tucked them in. I was watching TV when the older daughter came down to say goodnight.

She snuggled up next to me on the sofa but then when I turned to ask her if she needed a drink of water to take up to bed, she kissed me full on the mouth.

I was so shocked, I pushed her off saying, "What do you think you're doing?"

She burst into tears saying that she loved me.

I'm 37 for heaven's sake.

Why would this girl be interested in me? I don't know whether to tell my wife. What should I do?

TEEN KISSED ME WHEN I BABYSAT

■ DEIDRE SAYS: Yes, you should tell your wife and, although it might be difficult, you should both be prepared to talk to this friend about the situation.

That way you can explain what has happened and that you want to be totally transparent about it.

This girl is vulnerable and missing a father figure in her life, so she was turning to you for comfort.

It isn't unusual for a young teenager to have a crush on an older person and she's not emotionally mature enough to realise it's inappropriate.

You can find some further guidance through the NSPCC (nspcc.org.uk, 0808 800 5000), where you can talk in confidence.

Sun TRAVEL just go holidays

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GET IN TOUCH

If you are worried about something, my team is here to help. Please contact and follow us.

Online: thesun.co.uk/deidre **Instagram:** @dear.deidre **Facebook:** @DearDeidreOfficial

X: @DearDeidre **Post:** Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

Tuesday TV GUIDE

4-PAGE SECTION

BBC ONE

6am Breakfast (S)
9.30 Animal Park Klaus the lion's strength is put to the test. (R,S)
10.00 Trace, Track, Get My Car Back Efforts to recover a family car stolen by thieves. (R,S)
10.30 European Athletics Championships: Birmingham 2026 LIVE Jeanette Kwakye presents coverage of the opening session on day two at Alexander Stadium, including the heats of the men's 100m and women's 800m. (S)
1.15 BBC News (S)
2.00 Money For Nothing A radio and a sewing machine table are given a new lease of life. (S)
2.45 Escape To The Country A couple from Scotland look for a home in the Cotswolds. (R,S)
3.30 The Repair Shop The experts restore a dog jacket, a table, a saxophone and a pair of rugby boots. (R,S)
4.30 The Answer Run Quiz show hosted by Jason Manford. (S)
5.15 Pointless Alexander Armstrong is joined by guest co-host Ria Lina on the quiz show. (R,S)
6.00 BBC News (S)
6.30 Regional News (S)

7.30pm Jean intervenes when she finds Lily with Joel in EastEnders

7.00 The One Show Alex Jones and Roman Kemp continue the celebration of the show's 20th birthday, with Hannah Stitfall reporting from the Farne Islands. (S)
7.30 EastEnders Jean's concerns grow about Lily, a worrying situation escalates for Chelsea, and Max finds himself on the receiving end of Cindy's wrath. (S)
8.00 European Athletics Championships: Birmingham 2026 LIVE Gabby Logan presents further coverage of the evening session on day two, including the men's 100m final. Italy's Marcell Jacobs has established himself as one of the greatest sprinters the continent has ever produced over the years, winning this title in 2022 and 2024 and taking Olympic gold in Tokyo, but British trio Romell Glave, Jeremiah Azu and Louie Hinchliffe will hope to have qualified and to provide Jacobs with stiff competition. Also taking place tonight are the men's long jump and women's 100m hurdles finals. (S)
10.00 BBC News (S)
10.30 Regional News (S)
10.40 The Boys In The Boat FILM A group of rowing underdogs are thrust into the spotlight in the 1936 Berlin Summer Olympic Games. Fact-based drama with Joel Edgerton and Callum Turner. (2023) ✪✪✪✪ (S) Followed by **Weather For The Week Ahead**
12.40-6am BBC News (S)

BBC TWO

6.15 am Homes Under The Hammer Featuring properties in Norfolk, Liverpool and Birmingham. (R,S)
7.15 Money For Nothing (R,S)
8.00 Sign Zone: The Great British Sewing Bee (R,S,SL)
9.00 BBC News (S)
10.30 Antiques Road Trip (R,S)
11.15 Homes Under The Hammer Properties are sold at auction in Paisley and Staffordshire. (R,S)
12.15 Bargain Hunt (R,S)
1.00 Richard Osman's House Of Games Quiz show. (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? The contestants demonstrate their knowledge of Dudley. (R,S)
2.45 The Farmers' Country Showdown (R,S)
3.30 Spy In The Ocean (R,S)
4.30 Vintage Antiques Roadshow From Sherborne School, Dorset. First shown in 2003. (R,S)
5.15 Flog It! From Milestones Museum in Basingstoke. (R,S)
6.00 Richard Osman's House Of Games Celebrity quiz. (R,S)
6.30 Bear Grylls: Wild Reckoning A couple with a large age gap take on a leap of faith. (R,S)

8pm Esme Young and Patrick Grant judge The Great British Sewing Bee

7.00 European Athletics Championships: Birmingham 2026 LIVE The evening session on day two at Alexander Stadium, including the finals of the men's hammer and women's 5,000m. Coverage continues on BBC One. (S)
8.00 The Great British Sewing Bee (5/10) The sewers tackle the wide world of sport. They craft men's swimming shorts, outfits recycled from windsurf sails and personalised, made-to-measure bowling shirts. (S)
9.00 Bloody Mary: Lucy Worsley Investigates (4/4) Lucy Worsley asks whether 'Bloody Mary', England's first crowned queen and Henry VIII's eldest daughter, should be remembered as a pioneer or a tyrant. (R,S)
10.00 Live At The Apollo (5/7) Emmanuel Sonubi hosts the comedy show, presenting routines by fellow stand-ups Troy Hawke and Olga Koch. (R,S)
10.30 Newsnight Headline analysis of the day's events with Matt Chorley. (S) Followed by **Weather**
11.05 The Vampire Lestat: Interview With The Vampire (3 & 4/7) Double bill. Daniel's probing triggers a troubled Lestat, while Louis takes belated revenge. Then, haunted by his complicated past, Lestat lies to Daniel and lords it over Armand. Louis worries his waitress. (S)
12.45 am-1.45am Sign Zone: Uncanny (R,S,SL)

itv1

6am Good Morning Britain (S)
10.00 This Morning A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
1.30 ITV News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal David Dickinson and the team visit Peterborough, where Tracey Thackery misses out on a real opportunity when she passes on a vase that goes on to do well at auction. (R,S)
3.00 Deal Or No Deal (R,S) Followed by **Local Weather**
4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz show in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. (R,S)
5.00 The Chase Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on one of the ruthless Chasers and attempt to secure themselves a cash prize. (R,S)
6.00 Regional News (S)
6.30 ITV News (S)

9pm Cold Case Forensics: In The Blood follows the work of Dr Angela Gallop

7.30 Inside The Langham: Britain's First Grand Hotel (4/6) The managing director heads to the island of Murano in northern Italy to oversee progress on the Langham Venice, the hotel group's new jewel in the crown. (S)
8.00 Emmerdale Caleb is feeling frustrated, while Billy and Dawn plan their escape and Jacob is shocked. (S)
8.30 Coronation Street Tim and Sally reel from the news, Jodie sets her sights on a lovelorn Kit, and Idris observes as Alya shows a prospective buyer around the restaurant. (S)
9.00 Cold Case Forensics: In The Blood (3/3) World-leading forensic scientist Angela Gallop and her team reveal how clues in blood traces helped solve two terrible crimes, including the high-profile killing of 10-year-old Damilola Taylor, which shocked the nation when he was stabbed to death in November 2000. (S)
10.00 ITV News At Ten (S)
10.30 Regional News (S)
10.45 The Spy Who Loved Me FILM James Bond joins forces with a vengeful KGB agent, whose lover he killed, to retrieve missing British and Soviet nuclear submarines. Adventure with Roger Moore and Barbara Bach. (1977) ✪✪✪✪ (S)
12.55 Shop On TV 3.00 The Summit (R,S,SL) **3.50** Unwind With ITV (S) **5.05-6am** Long Lost Family: Born Without Trace (R,S,SL)

4

6.30 am The King Of Queens (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Simon O'Brien and Henry Cole head to Suffolk to meet an avid collector who is also a former mayor, so they need to be on their best behaviour. (R,S)
1.10 The Great House Giveaway A pair of strangers in Leicester are given the opportunity to buy a property together. (R,S)
2.10 Countdown With Pauline McLynn in Dictionary Corner. (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith Hidden secrets are unearthed at Staffordshire's Whitmore Hall. Plus, a mobile sauna idea is hotting up. (R,S)
5.00 Château DIY Chris and Jolyon convert a narrow space into a luxurious bathroom. (R,S)
6.00 American Pickers Mike Wolfe falls for the greatest Ford pick-up he has ever seen. (R,S)

8pm Chief Operations Officer Emma is kept busy in Dover 24/7: Britain's Busiest Port

7.00 C4 News (S)
8.00 Dover 24/7: Britain's Busiest Port The cargo team race to unload 3,000 tons of steel, Border Force agents uncover suspicious packages and staff hold a remembrance service. Last in the series. (S)
9.00 Celebrity Hunted Two of the celebrities provoke the hunters and find themselves surrounded at a country hotel. Another pair have a near-miss at a celebrity birthday bash, and go on to brave exposure at a hospital appointment. (S)
10.00 Gogglebox The armchair critics share their opinions of shows from November 2025, including Celebrity Race Across the World, All's Fair, Squid Game: The Challenge, The 1% Club, Come Dine with Me: Teens and Police Interceptors. Plus, BBC News reports on Elon Musk and ITV and BBC News coverage of the Panorama-Donald Trump scandal. (R,S)
11.05 Secret Lives Of Gypsy Wives Trewley clashes with her older sisters over a night out. (R,S)
12.05 Naked Attraction (R,S) **1.00** Ramsay's Hotel Hell (R,S,SL) **1.50** Levison Wood: Walking With Orangutans (R,S,SL) **2.45** FILM The Kid Detective. Comedy drama starring Adam Brody. (2020) ✪✪✪✪ (S,SL) **4.25** A Place In The Sun (R,S) **4.55** The Piano (R,S,SL) **5.50-6.30am** Countdown (R,S)

5

6am Milkshake!
9.15 Jeremy Vine (S)
11.30 Storm & Alexis Discussion and debate. (S)
12.45 5 News (S)
12.50 Matt Allwright Debate on the day's biggest stories, and consumer advice to help viewers save money. (S)
2.20 Danger Rocks The Cradle FILM When a pregnant high school senior disappears, her teacher begins to worry the teenager may have been taken against her will. Thriller starring Devin Cecchetto. (2022) ✪✪✪ (S)
4.00 Castle Hong Kong detective Zhang works with Beckett and Castle on the investigation into the murder of an ex-con. Guest starring Linda Park. (R,S)
4.55 Love Nature In a regular backyard, owner Paul Rodgers shows how easy it is to make a pond and plant it up. (R,S)
5.00 5 News With Dan Walker (S)
6.00 Corfu: Jewel Of The Med Joanna Lumley narrates a profile of Corfu, following locals and tourists. (R,S) Followed by **5 News Update**

9pm Rob gets into the spirit in The Romans With Rob Rinder And Ruth Goodman

7.00 The Yorkshire Vet: At Home With The Greens (3/4) Jean takes Peanut, the oldest of her 13 cats, to Peter's surgery for a check-up and rewards the ageing moggie with a luxury cat tree. (R,S) Followed by **5 News Update**
8.00 Inside Longleat A bat conservation team and a group of moth enthusiasts carry out annual surveys, Lady Bath and keeper Ian talk about the giraffes and their special history at Longleat, and Ryan deals with an unexpected hazard. (S)
9.00 The Romans With Rob Rinder And Ruth Goodman Rob and Ruth delve into 122 AD, when the Emperor Hadrian made a dramatic visit to Roman Britain, a moment that would change the fortunes of rich and poor alike. (S)
10.30 The Bomb On The Boat: The Murder Of Lord Mountbatten The events surrounding the killing of Louis Mountbatten in August 1979, when his boat was blown up at sea by the IRA off the west coast of the Republic of Ireland. (R,S)
12.05 Serial Killer Wives (R,S) **1.00** Teleshopping (R,S) **2.00** Entertainment News On 5 (R,S) **2.10** GPs: Behind Closed Doors (R,S) **3.00** Castle (R,S) **3.50** Friends (R,S) **4.35** Yorkshire With Jane McDonald (R,S,SL) **5.25** Entertainment News On 5 (S) **5.35** Paw Patrol (R,S,SL) **5.45-6am** The Adventures Of Paddington (R,S,SL)

REGIONAL VARIATIONS S4C: **6am** Cyw **12.00** Newyddion S4C A'r Tywydd **12.05** Codi Pac **12.30** Heno **1.00** Ralïo+ **1.30** Arfordir Cymru: Sir Benfro **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Cefn Gwlad **4.00** Awr Fawr: Blociau Lliw **4.05** Twm Twrch **4.15** Fferm Fach **4.30** Blero Yn Mynd I Ocido **4.45** Byd Tad-Cu **5.00** Stwnsh: Dreigiau: Marchogion Berc **5.25** Y Smyrffs **5.40** Un Cwestiwn **6.00** Y Ci Perffaith **6.30** Codi Hwyl **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Nol O'r Dibyn Gyda Iolo Williams **8.55** Newyddion S4C A'r Tywydd **9.00** Sioe Môn 2026 **10.00** Iaith Ar Daith **11.00-12.05am** Y Cosmos
BBC ONE NORTH WEST: **1.40-1.50pm** North West Today; Weather

FILMS ✪✪✪✪✪ Brilliant ✪✪✪✪ Very Good ✪✪✪ Good ✪✪ Not Bad ✪ Poor (R) Repeat (S) Subtitles (SL) Sign Language (HD) High Definition

HOSTS . . . Thompson and Wicks

By ROD McPHEE
TV Editor

With
FELICITY CROSS
Deputy TV Editor
and
JANINE YAQOOB
TV Reporter

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The Sun TV biz

SAM AND PETE GET REDDY

REALITY stars SAM THOMPSON and PETE WICKS will be back to host the red carpet at telly's most illustrious evening – the National Television Awards.

The Made in Chelsea and Towie celebs, who are good pals and have a string of gongs between them, will return for their third year providing exclusive interviews at the big event.

Sam said: "There's nothing better than getting to do this with one of your best mates. Being part of the NTAs is always such a privilege.

"We can't wait to share all the excitement with viewers."

Pete added: "The NTAs is one of the highlights of the year. You never know what's going to happen on that red carpet."

The awards will be shown live on ITV1 and ITVX on September 8. Book now to be part of the audience at nationaltvawards.com/tickets

NEW DUO . . . Dent and Locatelli

DULL IS SAVING GRACE

NEW MasterChef host GRACE DENT reckons there is no chance of her getting cancelled – because she is too dull.

She and Michelin-starred Italian chef GIORGIO LOCATELLI were picked to be the new presenters of the cooking show after the BBC axed GREGG WALLACE and JOHN TORODE. And she reckons there is no chance she will be following in the troubled twosome's footsteps.

The broadcaster and food critic told Radio Times: "I'm a 52-year-old woman who doesn't drink or smoke or go to nightclubs.

"For at least seven months of the year, I spend most of the day in a TV studio and I go to bed at six o'clock.

"The show has taken over my life to such an extent that I feel naughty if I have a porridge from M&S on the way home.

"So if anybody can find anything to be upset about, please tell me."

Celebrity MasterChef will return to BBC One and iPlayer on August 18.

More listings: Pages 34 & 35

MOTOR RACING BOSS BERNIE FAN OF JEZZA

Clarkson's Farmula 1!

CLARKSON'S Farm has a huge fan in the form of one of the world's richest men – who also is a surprise agriculturalist.

Formula 1 chief **BERNIE ECCLESTONE** is a keen follower of the show, according to its executive producer Andy Wilman.

And, like former Top Gear host **JEREMY**, the motor-racing mogul has his own cattle farm, in Brazil, so the pair now have something else in common, aside from their beloved motors.

Andy said: "The most interesting fan is Bernie Ecclestone – apparently he's got cows too. He's bending Jeremy's ear when he sees him at the Grand Prix.

"They're on a grid with a Ferrari next to them and they're, like: 'The thing about your Friesian cows is . . .' and all this sort of stuff."

But he's not the only big-name fan of Clarkson's Farm. Movie director **SOFIA COPPOLA**, the daughter of cinema legend **FRANCIS FORD COPPOLA**, is a devotee too.

MOTORING MUCKERS . . . Bernie and Jeremy on Top Gear in 2011

Everyone knows that **DAVID BECKHAM** is a lover of the series, but Andy revealed just how excited the former footie ace was to meet the show's supporting star Gerald Cooper when he dropped in to Jezza's farm, Diddly Squat. Andy – talking ahead of his other big Prime Video show, The Grand Tour, which returns next month – said: "David was so star struck.

"He was like a girl who's met **HARRY STYLES**, so he runs out to get a selfie with him. Gerald is a Man Utd fan so went straight in talking about that. But, of course, Becks couldn't understand him either!"

Although he has no proof, Andy has a secret theory that **KING CHARLES** is likely to be a lover of the series.

'Having a pint'

The monarch is a campaigner for rural issues and his country home, Highgrove, in Gloucestershire, is close to Jezza's Oxfordshire farm.

Andy said: "Jeremy is probably not as environmentally friendly as the King but there's an implicit love of the land which we know Charles has got.

"So the amount of points they would cross over on while having a pint in The Farmer's Dog . . ."

ALL SET . . . Matthew is made up as Craig. *Left*, Ellie as Amy

NO ENDER TROUBLE

A CONTROVERSIAL storyline is brewing on EastEnders – and it's a nightmare for copper Jack Branning.

Having been placed on compassionate leave to care for cancer-stricken wife Denise, his younger replacement DC Craig Ingram has started working on his active cases.

And now it appears he's growing close to Jack's daughter Amy Mitchell.

My exclusive behind-the-scenes snaps from filming in Albert Square look like adding further fuel to the unlikely romance plot. **MATTHEW JAMES-BAILEY**, who plays Craig, is having his make-up applied and looking pensive before shooting the scene while Amy (**ELLIE DADD**) is snapped striding along the street.

The teenager's rebellious streak is likely to have been passed down from her late mum, Roxy Mitchell.

That's worrying for all concerned . . .

RAY COLLINS

TELL US TRUTH, GILLIAN

THE X Files legend GILLIAN ANDERSON seems to have dashed fans' hope that she might return in a revival of the cult series... or has she?

Talking in a new interview in Radio Times, she was asked if she missed her old character from the show, Agent Dana Scully.

"No, I don't," she replied. "In part, that's because I played her for so long."

HOPE . . . star

Gillian, who's about to star in movie Teenage Sex And Death At Camp Miasma, played Scully opposite DAVID DUCHOVNY from 1993 to 2002 on TV and in two later movies.

Commenting recently on the upcoming reboot of The X Files by director RYAN COOGLER, she gave devotees hope saying: "I think what he has created is incredibly unique, and at the same time, feels quintessentially X-File-ian."

She then refused to say if she would take part or not, though her latest response isn't unequivocal either.

The truth is out there . . .

JONATHAN ROSS has been given the nod to return for a 24th series of his ITV chat show. The channel has renewed the programme and said it "remains the premier destination" for "the world's most iconic and fascinating talent". The show is expected to be screened in 2027.

JOSE HAS KICK-OFF AT DOC

JOSÉ Mourinho is as famous for his bust-ups as his trophies during his glittering career in football management.

And in his new Netflix documentary, he even falls out with his interviewer. The Special One threatens to walk from the chat if he's probed too much about his personal life.

SERIES . . . Jose

When it is suggested viewers may be interested in his backstory, he replies: "No. If you do a bit about how you feel I am, that's fine. If it's more, I will not be happy and I'll close the door."

In Mourinho, out today, he also admits he's so career-focused his family prefer it when he's not around. He adds: "It's not easy for them. They enjoy life more without me."

Some of his ex-players may feel the same . . .

Tuesday

Sun TV 4-PAGE SECTION

FREEVIEW

BBC THREE freeview 23

7pm The Catch Up **7.05** Spud **7.25 FILM** Lara Croft: Tomb Raider. Action adventure starring Angelina Jolie. (2001) **9.00** RuPaul's Drag Race UK: Meet The Queens **9.20 FILM** Bridget Jones's Diary. Romantic comedy with Renee Zellweger. (2001) **10.55 FILM** Bridget Jones: The Edge Of Reason. Romantic comedy sequel with Renee Zellweger and Colin Firth. (2004) **12.35** Matthew Perry And The Ketamine Queen **1.35-2.35am** Stacey Dooley: Ready For War?

BBC FOUR freeview 9

7pm The Architecture The Railways Built **7.40** The Flying Gardener **7.55** To The Manor Born **8.30** Keeping Up Appearances **9.00** Ardal O'Hanlon: Tomb Raider **10.00** Kamikaze: An Untold History **11.30** The Sky At Night **12.00** The Wildest Weather In The Universe: Horizon **1.00-2am** Beautiful Equations

ITV2 freeview 6

6am Backyard Builds **6.30** Dress To Impress **7.30** The Real Housewives Of Salt Lake City **8.20** The Real Housewives Of Orange County **9.15** The Only Way Is Essex **10.15** Dawson's Creek **11.10** Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor USA **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Orange County **5.55** Celebrity Catchphrase **7.00** The Floor **8.00** The 1% Club **9.00** Olivia Attwood: The Price Of Perfection **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55-2.20am** Deep Fake Neighbour Wars

ITV3 freeview 10

6am George And Mildred **7.05** Classic Emmerdale **8.10** Classic Coronation Street **9.10** Poirot **11.30** Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Vera **10.00** Grantchester **11.50** Trial & Retribution **1.20-2.20am** Poirot

ITV4 freeview 26

6am Magnum, PI **8.05** Robin Of Sherwood **9.10** Boon **10.20** The Professionals **11.25** Robin Of Sherwood **12.30** Magnum, PI **2.35** Dempsey And Makepeace **3.45** Boon **4.50** The Professionals **5.50** Minder **7.00** The Motorbike Show **8.00** King Of The Roads **9.00** Ice Road Truckers **10.00** All Elite Wrestling: Collision **12.00** Dark Side Of The Ring **12.55** The Professionals **1.55-2.50am** BattleBots

E4 freeview 13

6am Hollyoaks **6.55** Rude(ish) Tube Shorts **7.00** Couples Come Dine With Me **8.00** Ramsay's Kitchen Nightmares USA **10.00** America's Funniest Home Videos **11.00** Below Deck: Mediterranean **12.00** The Simpsons **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **6.30** Hollyoaks **7.30** The Simpsons **8.00** Vanderpump Rules **9.00** Below Deck Down Under **10.00** First Dates: Valentine's **11.05** Gogglebox **1.10-2.10am** Vanderpump Rules

MORE4 freeview 18

8.55am Find It, Fix It, Flog It **10.00** Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00** Oti And Richard's South African Odyssey **10.00** 24 Hours In A&E **12.05** 999: On The Front Line **1.10-2.15am** 24 Hours In A&E

TRAPPED . . . Wagner Moura's Jason housebound with his family

THE LAST HOUSE
Netflix

THERE is a theory that every story is based on one of seven plots – and this horror flick brings that into focus.

The Last House manages to take bits from almost every movie or TV show and mash them up into, well, a mush.

It's part sci-fi, part dystopian post-apocalyptic fantasy, part Covid metaphor.

And although it borrows from everything from Bird Box and Independence Day to The Village, the sum of its parts doesn't add up to equal any of the stories it's derived from.

It's based around Jason and Ann, played by Wagner Moura and Greta Lee, who find themselves mysteriously sealed into their home with their kids, Graham and Ruth.

It turns out everyone else in their street, and apparently across the world, is also stuck indoors. They start to realise they're under attack from some kind of alien species when they suddenly appear at the window whenever the rains come and submerge the neighbourhood.

So they learn to survive inside without attracting the attention of their new neighbours which, as you can imagine, is no mean feat.

If you take a moment to recall the Covid pandemic, you should be able to sympathise, to some degree.

It initially starts off as quite fun for the family, then descends into claustrophobic panic and fear.

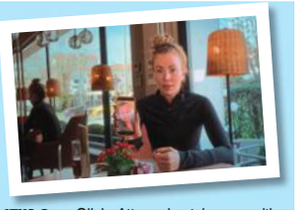
I won't spoil the ending. Suffice to say it's not very surprising or sensational, and the bit in the middle is nothing to write home about either.

It's a decent tale, well told.

Sun TV review

SKY MIX freeview 11

7am Border Security: Canada's Front Line **8.00** Border Patrol **9.00** Nothing To Declare **11.00** Border Security: America's Front Line **12.00** Caught On Dashcam **1.00** Police 24/7 **2.00** Nothing To Declare **4.00** Star Trek: Deep Space Nine **5.00** Stargate SG-1 **6.00** Stargate Universe **7.00** Star Trek: The Next Generation **8.00** Police 24/7 **9.00** Caught On Dashcam **11.00** Grimm **12.00-1am** Fantasy Island



ITV2 9pm Olivia Attwood catches up with Bobby Norris in The Price Of Perfection

U&DAVE freeview 19

7.25am Top Gear **8.20** Border Force: America's Gatekeepers **10.20** Rick Stein's Cornwall **11.20** Yukon Gold **12.15** Top Gear **2.20** Mortimer & Whitehouse: Gone Fishing **3.00** Man And Beast With Martin Clunes **4.00** Hairy Bikers' Best Of British **5.00** Rick Stein's Cornwall **7.00** Mortimer & Whitehouse: Gone Fishing **7.40** Would I Lie To You? **9.00** Have I Got A Bit More News For You **10.00** QI XL **11.00** Taskmaster **12.00** Mock The Week **12.40-2am** Would I Lie To You?

U&DRAMA freeview 20

7.15am The Bill **8.05** Doctors **9.20** Classic Holby City **10.40** Casualty **11.40** The Bill **12.40** Classic EastEnders **2.00** Neighbours **3.00** Whitstable Pearl **4.05** Lovejoy **5.20** As Time Goes By **6.00** Last Of The Summer Wine **8.00** 'Allo 'Allo! **9.40** New Tricks **11.00** Luther **12.15** Lovejoy **1.20-2.30am** Sister Boniface Mysteries

REALLY freeview 44

8am Escape To The Country **9.00** Salvage Hunters **12.00** Celebrity Yorkshire Auction House **2.00** The Repair Shop **3.00** Salvage Hunters **5.00** Who Do You Think You Are? **6.00** The Repair Shop **7.00** The Yorkshire Auction House **8.00** Antiques Road Trip **9.00** Who Do You Think You Are?. Double bill. **11pm-2am** Help! My House Is Haunted

U&YESTERDAY freeview 27

6.10am Abandoned Engineering **8.00** Bangers & Cash: Restoring Classics **10.00** Secret Nazi Bases **11.00** Hitler's Countdown To War **12.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** Secret Nazi Bases **5.00** Hitler's Countdown To War **6.00** Antiques Roadshow **7.00** A Perfect Planet **8.00** Bangers & Cash: Restoring Classics **9.00** Bangers & Cash **12.00** Bangers & Cash: Restoring Classics **1.00-2am** Find It, Fix It, Flog It

U&W freeview 25

6.15am Property Brothers At Home: Drew's Honeymoon House **7.00** Tipping Point **10.00** DIY SOS: EastEnders Special **11.00** DIY SOS: The Big Build **1.00** Tipping Point **4.00** Property Brothers At Home: Drew's Honeymoon House **5.00** DIY SOS: EastEnders Special **6.00** DIY SOS: The Big Build **7.00** MasterChef Australia **8.10** Pete Wicks: For Dogs' Sake **9.10** Dahmer On Dahmer: A Serial Killer Speaks **11.10** First Responders **1.10** Inside The Ambulance **1.45-3am** Sort Your Life Out With Stacey Solomon

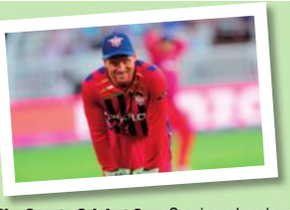
QUEST freeview 17

6am Salvage Hunters: The Restorers **7.00** Salvage Hunters **9.00** Aussie Gold Hunters **11.00** Outback Opal Hunters **1.00** The Repair Shop **2.00** Shed And Buried **3.00** Shed And Buried: Classic Cars **4.00** Find It, Fix It, Drive It **5.00** The Yorkshire Auction House **7.00** Antiques Road Trip **8.00** Ant Anstead: Born Mechanic **9.00** Johnny Vegas' Little Shop Of Antiques **10.00** The Repair Shop **11.00** How Do They Do It? **1.00-2am** Salvage Hunters

THAT'S TV freeview 56

8am That's 60s: Best Music Live! **8.05** Rising Damp **8.35** Duty Free **9.05** Never The Twain **9.40** On The Buses **10.10** Bread **10.45** Steptoe And Son **11.25** Oh, Doctor Beeching! **12.00** Rising Damp **12.35** Man About The House **1.05** Goodnight Sweetheart **1.40** When The Boat Comes In **2.45** Minder **3.45** Just Good Friends **4.25** Man About The House **4.55** Bread **5.30** Birds Of A Feather **6.00** That's 60s: Best Music Live! **6.15** Rising Damp **6.50** Steptoe And Son **7.20** Whatever Happened To The Likely Lads? **7.55** Minder **9.00** Benidorm **9.55** Shameless **11.00** Man About The House **11.30** Mind Your Language **12.05-1am** Benidorm

SPORT



Sky Sports Cricket 6pm Sunrisers Leeds v Manchester Super Giants in The Hundred

SKY SPORTS MAIN EVENT

6am Sky Sports News **7.00** Sky Sports Breakfast **9.00** Good Morning Transfers **9.30** Transfer 360 **10.00** Sky Sports FC **12.00** Transfer Talk **1.00** Lunchtime **2.00** Sports Desk **2.30** Transfer 360 **3.00** LIVE The Hundred. Manchester Super Giants Women v Sunrisers Leeds Women. Start-time at 3.00. **6.00** LIVE The Hundred. Manchester Super Giants Men v Sunrisers Leeds Men. Start-time at 6.30. **9.30** Transfer 360 **10.00** Sky Sports News At Ten **10.30** Paper Talk **11pm-4am** LIVE Tennis. The Canadian Open. Coverage from day 10 in Montreal and Toronto.

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** Best PL Goals 23/24 **8.00** PL 100 Club **8.30** Cult Heroes **9.00** Good Morning Transfers **9.30** Transfer 360 **10.00** Sky Sports FC **12.00** Transfer Talk **1.00** PL Highlights **2.30** Transfer 360 **3.00** MNF Hlts **3.30** PL Highlights **5.00** Premier League Stories **5.30** Cult Heroes **6.30** Premier League Stories **7.00** The Transfer Show **8.00** James Milner: Record Breaker **8.30** Away From Home **9.00** Transfer 360 **10.00** Brazilians In The Premier League **11.00** PL Years **1.00-3am** PL Retro

SKY SPORTS FOOTBALL

6am EFL Highlights **8.00** EFL **9.00** SPFL Highlights **9.30** EFL Greatest Games **10.00** SPFL Greatest Games **12.00** Championship Season Review **3.00** EFL Highlights **5.00** EFL **6.00** EFL Highlights **8.00** EFL Preview Show **9.00** EFL Highlights **12.00-2am** Championship Retro

SKY SPORTS ACTION

6am Betfred Super League **11.45** Betfred Super League Highlights **12.00** NFL Highlights **1.00** Good Morning Football **3.00** Betfred Super League Highlights **3.30** International Rugby Union **5.40** Rugby Greatest Games **5.45** LIVE Rugby Union. Sharks v New Zealand. Kick-off at 6.00. Coverage of the tour match at Hollywoodbets Kings Park. **8.00** NBC's Pro-Football Talk **10.00** NFL Highlights **10.30** NFL Bitesize Highlights **11.00** NFL Highlights **12.00** The Insiders **1.00-2am** NFL Highlights

SKY SPORTS +

6am Sky Sports News **7.00** Sky Sports Breakfast **8.00** Betfred Super League **11.15** My Icon: Ebony Rainford-Brent **11.30** Sky Sports FC **12.00** Transfer Talk **1.00** Lunchtime **2.00** Sports Desk **2.30** Transfer 360 **3.00** Sports Desk **4.00** The Transfer Show **4.30** Sports Desk **5.00** Sky Sports News **6.00** LIVE Rugby Union. Sharks v New Zealand. Kick-off at 6.00. Coverage of the tour match at Hollywoodbets Kings Park. **8.00** Sports Centre **9.00** LIVE Tennis. The Canadian Open. **11pm-4am** LIVE Tennis. The Canadian Open.

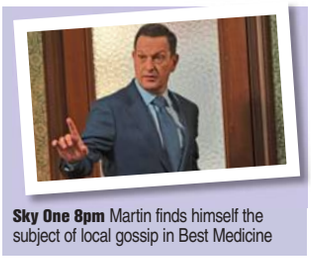
SKY SPORTS CRICKET

6am The Hundred **9.15** The Hundred Bitesize **9.45** The Hundred Bitesize **10.15** The Hundred Bitesize **10.45** The Hundred **2.15** The Hundred Bitesize **2.30** The Hundred Bitesize **2.45** LIVE The Hundred. Manchester Super Giants Women v Sunrisers Leeds Women. Start-time at 3.00. **6.00** LIVE The Hundred. Manchester Super Giants Men v Sunrisers Leeds Men. Start-time at 6.30. **9.30** The Hundred Bitesize **9.45** The Hundred Bitesize **10.00** The Hundred **1.30-2am** The Hundred Bitesize

SKY SPORTS GOLF

7am Playing Lessons **8.00** Nick Dougherty's Tee Time Tips **9.00** Golf Academy **10.00** PGA Tour Golf **11.00** The Golf Fitness Show **11.30** Mark Roe's Short Game School **12.00** Best Of The Open Zone 2018 **1.00** Best Of The Shot Centre **1.30** Best Of The Sky Zone **2.00** Women's Golf **3.00** School Of Golf **4.00** The Improvers **4.30** Best Of The Sky Zone **5.00** PGA Tour Golf **6.00** Ladies European Tour Golf **7.00** Europe! Europe! **9.00** PGA Tour Golf **10.00** Ladies European Tour Golf **11.00** PGA Tour Champions **12.00** Scotland's Greatest Golf Holes **1.00-3.30am** How The 1999 Ryder Cup Was Won

ENTERTAINMENT



Sky One 8pm Martin finds himself the subject of local gossip in Best Medicine

SKY ONE

6am Mornings **7.00** Mornings With Ridge And Frost **8.00** Stargate SG-1 **10.00** Will & Grace **11.00** The Simpsons **12.00** Ningaloo: Australia's Ocean Wonder **1.00** Hawaii Five-0 **3.00** S.W.A.T **5.00** The Simpsons **6.00** Animal Control. Double bill. Victoria helps Patel to confront his daughter's school bully. Then, Emily spirals when Shred dates Daisy's friend. **7.00** The Simpsons **8.00** Best Medicine. A patient with fleas sparks fears of an outbreak. **9.00** Never Mind The Buzzcocks. With Sophie Willan, the Libertines, DJ Target and Harriet Kemsley. **10.00** The 'Burbs **11.00** Animal Control **12.00** Grimm **1.00-2am** The Force: Manchester

SKY ATLANTIC

6am Fish Town **8.00** Billions **10.15** House Of The Dragon **12.35** Homicide: Life On The Street **2.30** Billions **4.40** The Last Of Us **6.50** House Of The Dragon. The first episode of the Game of Thrones prequel starring Paddy Considine. **8.00** House Of The Dragon. Rhaenyra oversteps at the Small Council. **9.00** Gomorrah: The Origins. Pietro and Imma come to terms with what happened the night before, while Angelo seems to have finally got everything he wants. **10.00** Gomorrah: The Origins. Angelo suffers a terrible blow and though he says he does not want revenge, only Pietro understands what he really has in mind. Last in the series. **11.00** House Of The Dragon **1.30-2.35am** Billions

SKY WITNESS

6am Bondi Rescue **7.00** Border Patrol **8.00** Send In The Dogs **9.00** Brit Cops: Law & Disorder **10.00** Stop, Search, Seize **11.00** Bull **12.00** FBI **2.00** The Rookie **3.00** Law & Order: Criminal Intent **4.00** Nothing To Declare **8.00** Caught On Dashcam. Road disasters captured on video by drivers' dashboard cameras. **9.00** The Rookie. Officer Nolan comes face to face with a killer. **10.00** Blue Bloods. Jamie and his new intel team officer infiltrate a car smuggling ring. **11.00** The Rookie. Wesley is increasingly concerned about his deposition. **12.00-2am** FBI

U&GOLD

7.10am Don't Wait Up **7.55** Dad **8.35** Only Fools And Horses **9.15** The Green Green Grass **9.55** Are You Being Served? **10.30** Last Of The Summer Wine **11.50** Dad **12.30** Only Fools And Horses **1.10** Keeping Up Appearances **1.50** Dad's Army **2.25** The Green Green Grass **3.05** Are You Being Served? **3.45** Dad **4.25** Dad's Army **5.00** Last Of The Summer Wine **6.20** Keeping Up Appearances **7.00** Porridge. Godber revises for an exam. **7.40** Dad's Army. An enemy aircraft ditches in a reservoir. **8.20** Are You Being Served?. Job cuts are imminent at the store. **9.00** Joe & David's Magical Sitcom Tour. Joe turns David's love of Fawlty Towers into the trip of a lifetime. **10.00** Fawlty Towers. Basil holds a gourmet night. **10.40** Not Going Out. Lee wins a writing competition. **11.20** Mrs Brown's Boys **12.00** Fawlty Towers **12.40** Not Going Out **1.20-2am** Mrs Brown's Boys

COMEDY CENTRAL

8am Impractical Jokers **8.55** Everybody Loves Raymond **11.00** The Upper Hand **1.05** Friends **9.00 FILM** The Rock. An FBI chemical weapons expert and a jailed SAS veteran must break into Alcatraz to bring down a renegade general and his men. Action thriller with Sean Connery and Nicolas Cage. (1996) **11.40** Iain Stirling's Roast The Internet **12.40** Whose Line Is It Anyway? USA **1.40-2.10am** South Park

U&ALIBI

7.10am Murdoch Mysteries. Double bill. **9.00** Shakespeare & Hathaway: Private Investigators **10.00** The Mentalist **11.00** Hudson & Rex **12.00** Body Of Proof **1.00** Death In Paradise **2.00** Murdoch Mysteries. Double bill. **4.00** The Mentalist **5.00** Hudson & Rex **6.00** Body Of Proof **7.00** Private Eyes. Shade and Angie investigate a suspected case of infidelity. **8.00** Death In Paradise. Double bill. The team must prove Neville's innocence. Then, a bus passenger is stabbed but no one else saw it happen. **10.20** Father Brown. A young woman is plagued by otherworldly visions. **11.20** Private Eyes **12.20** Shakespeare & Hathaway: Private Investigators **1.20-2.20am** Death In Paradise

SKY COMEDY

8am Will & Grace **9.00** Sort Of **10.00** Upright **11.20** Will & Grace **12.20** The Comeback **1.40** Upright **3.00** Will & Grace **4.00** The Office Movers **5.00** Community **6.00** Will & Grace **7.00** The US Office **8.00** The Office Movers **9.00 FILM** Logan Lucky. Crime caper starring Channing Tatum. (2017) **11.15** The Reluctant Landlord **12.15** The Office Movers **1.15-2.25am** The Comeback

DISCOVERY

6am How It's Made **7.00** The Pool Master **9.00** Gold Rush **11.00** Building Off The Grid **1.00** Dr Jeff: Rocky Mountain Vet **3.00** How It's Made **5.00** Alaska: Homestead Rescue **7.00** Supercar Showroom **9.00** Deadliest Catch. Greenhorn Todd's abscessed tooth forces Rick to consider a costly return to port. **10.00** In The Eye Of The Storm. Eyewitnesses capture dozens of tornadoes destroying neighbourhoods. **11.00** The Alaska Triangle **12.00-2am** Deadliest Catch

RADIO

Virgin Radio 6.30am Chris Evans chats with more guests on his Breakfast Show

VIRGIN RADIO DAB virginradio.co.uk

6.30am The Chris Evans Breakfast Show With Moneybox **10.00** Emma B **2.00** Ben Jones **6.00** Geoff Lloyd **10.00** Goldierocks **2.00-6.30am** Steve Denyer

TALKRADIO DAB talkradio.co.uk

6am Ian Collins **10.00** Julia Hartley Brewer **1.00** David Bull **4.00** Kevin O'Sullivan **7.00** Peter Cardwell **10.00** Petrie Hosken **1.00** Paul Ross **5.00-6am** Through The Papers

TALKSPORT 1053, 1089MW talksport.com

6am TalkSPORT Breakfast With Jeff Stelling **10.00** Max Scott & Darragh McAnthony **1.00** Hawksbee And Jacobs **4.00** TalkSPORT Drive

Sun tv 4-PAGE SECTION TV GUIDE

And, to be fair, it does move at a lick from the first scene. Moura is great as the dad struggling to play the role of hunter-gatherer with nothing but his ingenuity as an engineer to fall back on.

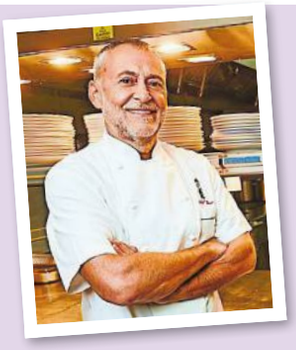
But after seeing him play Pablo Escobar in the brilliant Narcos in 2018, it's clear he is woefully over-qualified for this.

Remember, however, this is a movie on Netflix. Expectations shouldn't be too high.

You'd be peeved if you'd paid £20 to watch it at the cinema, particularly when your money could have gone on a ticket to Christopher Nolan's adaptation of Homer's Odyssey.

Because this is not a classic.

ROD McPHEE



STAR SEARCH. . . chef Michel Roux

Sun tv picks

INSIDE THE LANGHAM – BRITAIN'S FIRST GRAND HOTEL, ITV1, 7.30pm: Chef Michel Roux held two Michelin stars at London restaurant Le Gavroche for more than 30 years.

Now culinary director at The Langham, he wants to recreate that fine-dining experience and has tasked sous chef Oliver with creating a Michelin-star menu.

Elsewhere, CEO Bob van den Oord reveals his plans to have 100 Langhams around the world within ten years. With several projects under way, managing director Stefan and marketing director Alice head to Venice to check on the progress of their hotel opening there next year.

However, there's a lot of work to be done after construction was brought to an abrupt halt when historical artefacts were discovered on the site.

SAVAGE MOUNTAIN, Sky Documentaries, 9pm: In 2023, Norwegian Kristin Harila and Nepalese Tenjen Lama Sherpa achieved a spectacular mountaineering feat.

They scaled 14 of the planet's highest peaks in just 92 days, halving the previous world record.

But there was uproar when footage emerged from K2 showing climbers controversially appearing to step over a Pakistani porter who had fallen and later died.

In this gripping one-off, Kristin shares her side of the story.

CHOPPED CASTAWAYS, Food Network, 10pm: It's cookery competition meets Survivor in this thrilling show hosted by Ted Allen.

A dozen chefs are dropped on a remote Caribbean island and face tests of skill and survival, as they battle it out each week in two tough cooking challenges. They must build a kitchen, cook over open fires and earn their ingredients baskets through gruelling physical tasks.

But only one will walk away with a life-changing cash prize.

RuPAUL'S DRAG RACE UK – MEET THE QUEENS, BBC Three, 9pm: It's time to meet the next set of UK Queens all hoping to win over Michelle Visage and the guest judges as RuPaul introduces this year's cast.

In the coming weeks, they'll battle it out to be the last one standing – in epic heels, no doubt – rather than having to "sashay away".

Which of the divas dressed to impress will be your favourite?

DAVID BELL

TNT SPORTS 1

6am The Breakdown **6.30** Roll the Tape **7.00** LIVE Snooker China Open. Coverage from round one at Riverside Sports Centre in Taiyuan. **10.30** Cycling **10.45** Ally's Social Club **11.30** London Premier Padel **12.30** LIVE Snooker China Open. Coverage of the ninth session from round one of the tournament at Riverside Sports Centre in Taiyuan. **4.00** Premier League Legends **4.30** Roll the Tape **5.00** MLB Highlights **6.00** Premier League Legends **6.30** Premier League Stories **7.00** Tom Daley: 1.6 Seconds **8.30** TNT Sports Cricket Reload **9.00** UFC: The Ultimate Fighter **10.00** The Verdict **10.45** Roll the Tape **11.00** Premier League Stories **11.30** MLB Lead Off **12.00-3am** LIVE MLB. New York Yankees v Seattle Mariners. Start-time at 12.05. The American League match from Yankee Stadium.

TNT SPORTS 2

6am CPL Highlights **7.30** Cycling **8.30** Cycling **8.45** Roll the Tape **9.00** Test Cricket Highlights **1.00** MLB Highlights **2.00** Cycling **3.00** Longines Global Champions Tour **4.00** LIV Golf **5.30** Cycling **5.45** Sign Up – Into Football **6.45** TNT Sports Cricket Reload **7.30** CPL Highlights **8.00** NWSL **10.00** MotoGP Rewind **10.15** Cycling **10.30** MLB Highlights **11.30** London Premier Padel **12.00** CPL Highlights **12.30-4.45am** LIVE CPL. Jamaica Kingsmen v Barbados Tridents.

TNT SPORTS 3

6am Premier League Netbusters **10.30** LIVE European Athletics Championships. Coverage from the morning session on the second day of the event. **1.00** Premier League Netbusters **3.30** MotoGP **7.00** LIVE European Athletics Championships. Coverage from the night session on the second day of the event, which takes place at Alexander Stadium in Birmingham. **10.00** Snooker China Open **12.00** World Series of Poker **1.00-3am** Supercars Championship Highlights

PREMIER SPORTS 1

6am MotorSport **7.00** LaLiga **9.00** NASCAR **10.00** FIM Sidecarcross Championship **11.00** German Cup **1.00** Sporting Countdowns **1.30** Brasileiro Serie A **5.25** Bike World **5.55** LIVE Swedish Speedway. Coverage of an Elitserien meeting. **8.00** MotorSport **8.30** NASCAR **9.30** LaLiga **11.30** Sporting Greats **12.00-2am** Swedish Speedway

7.00 The Transfer Insiders **10.00** The Sports Bar **1.00** Extra Time With Paul Ross **5.00-6am** Early Sports Breakfast

TALKSPORT2 *DAB talksport.com*

8am The William Hill Sports Book Club **2.00** On Track **3.00** The Social **5.00** Fight Night Extra **6.00** Following On **7.00** EFL All Access **8.00** On Track **9.00** Fight Night Extra **10.00** Following On **11.00** EFL All Access **12.00-8am** My Sporting Life

TIMES RADIO *DAB thetimes.co.uk/radio*

6am Salma El-Wardany And Stig Abell **10.00** Ed Vaizey **1.00** Stephen Sackur **2.00** Fi Glover And Roya Nikkhah **4.00** Calum Macdonald **7.00** Kait Borsay **10.00** Carole Walker **1.00** The Best Of Times Radio **5.00-6am** Tom Nunan

RADIO 1 *97.6-99.8FM bbc.co.uk/radio1*

6.58am Newsbeat **7.00** Greg James **11.00** Rickie, Melvin And Charlie **12.45** Newsbeat **1.00** Matt And Jerry **3.30** Newsbeat **3.33** Going Home With Vick, Katie And Jamie **5.45** Newsbeat **6.00** Jack Saunders **8.00** Sian Eleri **11.00** Martha **1.00** Dance Drum & Bass Mix **2.00** Anthems **4.00** Pop Anthems **5.00-6.58am** Early Breakfast With Dean McCullough

RADIO 2 *88-91FM bbc.co.uk/radio2*

9.30am Vernon Kay **12.00** Jeremy Vine **2.00** DJ Spoony **4.00** Joel Dommett **7.00** Edith Bowman **9.00** Jamie Cullum **10.00** Melvin Odoom **12.00** OJ Borg **3.00** Vernon Kay (R) **4.00-6.30am** Owain Wyn Evans

MOVIES

Film4 9pm Storm Reid and Megan Suri star in the freeview premiere of Missing

SKY CINEMA PREMIERE

7.45am Song Sung Blue (12, 2025) ★★★★ **10.05 Seven Snipers** (15, 2026) ★★★ **11.35 Anaconda** (12, 2025) ★★★ **1.15 Mortal Kombat II** (15, 2026) ★★★ **3.10 Looney Tunes: The Day The Earth Blew Up** (PG, 2024) ★★★ **4.45 Normal** (15, 2026) ★★★★ **6.20 Anaconda** (12, 2025) ★★★ **8.00 Seven Snipers** (15, 2026) ★★★ **9.30 Mortal Kombat II** (15, 2026) ★★★ **11.30pm-1.10am Normal** (15, 2026) ★★★★

SKY CINEMA ANIMATION

9.10am Chicken Run (U, 2000) ★★★★ **10.45 Looney Tunes: The Day The Earth Blew Up** (PG, 2024) ★★★ **12.30 Hotel Transylvania** (U, 2012) ★★★★ **2.15 The Ant Bully** (U, 2006) ★★★ **4.00 Hotel Transylvania 2** (U, 2015) ★★★ **5.35 The Amazing Maurice** (PG, 2022) ★★★★ **7.10 Shaun The Sheep Movie** (U, 2015) ★★★★★ **8.40 Antz** (PG, 1998) ★★★★★ **10.05-11.40pm Cloudy With A Chance Of Meatballs** (U, 2009) ★★★★

SKY CINEMA ACTION

7.15am Nobody 2 (15, 2025) ★★★★ **8.55 Normal** (15, 2026) ★★★★ **10.40 The Lord Of The Rings: The Fellowship Of The Ring** (12, 2001) ★★★★★ **1.40 The Lord Of The Rings: The Two Towers** (12, 2002) ★★★★★ **4.40 The Lord Of The Rings: The Return Of The King** (12, 2003) ★★★★★ **8.00 300** (15, 2006) ★★★★ **10.00 Gladiator II** (15, 2024) ★★★★ **12.30-2.55am Transformers** (12, 2007) ★★★★

FILM4 freeview 14

11am Man In The Saddle (U, 1951) ★★★ **12.45 The Black Swan** (PG, 1942) ★★★★ **2.30 Fantastic Voyage** (U, 1966) ★★★★ **4.35 The Kid Who Would Be King** (PG, 2019) ★★★ **7.05 See How They Run** (12, 2022) ★★★★ **9.00 Missing** (15, 2023) ★★★★ **11.15 Jennifer's Body** (15, 2009) ★★★ **1.20-3.35am Plan B** (18, 2021) ★★★

TALKING PICTURES freeview 82

11.25am Orders Are Orders (U, 1955) ★★★ **1.00 The Adventures Of William Tell 1.30 Doctor In Distress** (PG, 1963) ★★★ **3.35 Kim Novak: The Golden Age Rebel 4.40 Whispering Smith Hits London** (PG, 1952) ★★★ **6.20 Litter Defence Volunteers 6.25 Whiplash 6.55 The Man From UNCLE 7.55 Buccaneer 9.00 Murder By Decree** (15, 1978) ★★ **11.35pm-12.10am Fortean TV**

GREAT! MYSTERY freeview 50

1pm In Plain Sight 2.00 Castle 3.00 Diagnosis Murder 5.00 Murder, She Wrote 7.00 Castle 8.00 Unforgettable 9.00 In Plain Sight 10.00 Hailey Dean Mysteries 11.50pm-1.45am Martha's Vineyard Mysteries: A Beautiful Place To Die (PG, 2020) ★★

GREAT! ACTION freeview 42

1.45pm Burn Notice 3.45 The Ice Road (12, 2021) ★★★★ **6.00 The Unit 7.00 Burn Notice 9.00 The Expatriate** (15, 2012) ★★★ **11.15pm-12.15am The Avengers**

18+ UK only. Sun Club subscription required. Online access required. Buy one full price standard admission ticket to get a second standard admission ticket free for the same day. Voucher must be redeemed at attractions alongside valid Sun Club/Sun Savers account. Cannot be used in conjunction with any other offer. Max 2 people per voucher. Tickets valid weekends in September-October and October 26-30 only. Subject to availability. Non-transferable & non-refundable. Full T&Cs apply, see club.thesun.co.uk/sun-club.

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letters

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The page where you tell Britain what you think

IT must have been heartbreaking for the family and close friends of Liam Payne, pictured, to see CCTV images from just before his death.

The former One Direction star seen bingeing on drink and drugs and sitting with call girls is not a memory his loved ones will want. The real cause of his death is unclear but my thoughts are with his family.

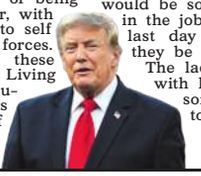
JAN SWINTON
Portrush, Co Down

FOR years, I've read the words of Rod Liddle and found them funny, controversial and fascinating, After hearing the words of his peers, it shows what a top bloke he was. Words with which he would probably love and hate, simultaneously. A true legend of the pen and keyboard.

RICK OVERSBY
Corringham, Essex

LEEDS Beckett University highlights the mental strain of being married to a footballer, with issues such as harm to self esteem from invasive forces. What planet do these people come from? Living off tens of thousands a week is a dream of millions and yet we are being led to believe that it would drive us all mad. What a load of nonsense.

KELVIN GLEN
Corringham, Essex



NOW we are a long way into his presidency, will the problems that President Trump, *pictured*, said would be solved on his first day in the job be solved before his last day in the job, or will they be left to his successor? The lack of actual progress with his Iran war suggests someone else will have to solve it.

DENNIS FITZGERALD
Melbourne, Australia

Trio must not be released

£50 LETTER

IT'S unfathomable that three British terrorists, who wanted to bomb planes and kill thousands of passengers, are allowed to apply for early release.

Ibrahim Savant, Arafat Waheed Khan and Waheed Zaman were sentenced to life in 2010 for their plan, inspired by Al-Qaeda, to hide liquid explosives in drinks bottles. But now they are eligible to go before the Parole Board.

They are all would-be mass murderers – and should never be allowed out.

SIMON JELLIS
Letchworth, Herts

THE three terrorists, whose 2006 plot to blow up planes was uncovered by cops and MI5, wanted to do us harm and it is impossible to believe that they could have been rehabilitated.

Andy Burnham, your utmost priority as Prime Minister is to protect the British people. Stop them from being considered for release. Don't let us down.

RAY WALTER
St Leonards-on-Sea, East Sussex

THE possibility of the al-Qaeda trio being freed beggars belief.

The public will be horrified that such evil criminals may be allowed back on our streets. For the sake of common sense that must never happen.

SUE CAVE
Blyth, Northumberland

IF Andy Burnham wants to curry favour with the public, he will need to take a long, hard look at our prisons.

It's not enough to keep just rapists, serious child sex offenders and those responsible for grooming in jail. Anyone convicted of violent crime should serve their full sentence.

OUTRAGE . . . yesterday's front page on plane-plot terrorists

Those locked up for the likes of benefit fraud, embezzlement, insider trading and similar crimes, need not have been handed a custodial sentence in the first place if our prisons are so full.

JENNY BEESON
Norwich

WITH the national debt reportedly £11.7trillion, even the bluntest tool in the box can see we can't go on like this. So how can the Government justify possibly borrowing more money?

With around £13billion a year going on foreign aid, £4billion a year toward asylum support and housing, and a £333billion a year welfare and benefits bill, it's time the parties worked together to address this national crisis.

STEWART MABON
Hawick, Roxburgh

AFTER his holiday, why is Andy Burnham tackling minor issues that should be dealt with at a later date?

There's no mention of illegal migrants still invading our shores or defence spending or the Net Zero policy.

He is Prime Minister for God's sake, so start acting like it.

ZOIYAR COLE
Lowestoft, Suffolk

THE country is not interested in Andy Burnham touring the country. He needs to be in No10 (the real one, in London) sorting out real problems as a priority.

He wanted the job, now get on with it or get out.

His Cabinet do not inspire confidence. A General Election would be a good idea.

BERNARD BUCKLEY
Llanelli, Carms

WHY is Andy Burnham going around the country asking people what he can do to ease the pain of the rising cost of living when the voters in Makerfield already told him one of their biggest concerns was that the tax-free Personal Allowance of £12,570 is too low. The threshold has been frozen since 2021, pulling more low earners and pensioners into paying income tax.

At the least, he could slap more tax on the richest people, to give much-needed relief to pensioners.

SEAN SPILLANE
Folkestone, Kent

KEMI BADENOCH is firing off soundbites about leaving the European Convention on Human Rights, no free rides for migrants, etc. But once elected, the Tories will revert to type – frightened of the ECHR, of upsetting France, consistent in their inconsistency.

CHRIS TORODE
Richmond, SW London

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Mystic Meg

with MAGGIE HYDE

ARIES March 21 – April 20

The time for talking is over. If you want to change things around at home or within your family, action is called for. A decision that's been brewing since the middle of last year could finally get the go-ahead. If you're feeling the love, share it. The more you spread positive vibes, the more love grows and flourishes.

TAURUS April 21 – May 21

Things start to speed up when you get the help you want from a sibling or relative. Don't ask and you don't get – so speak up if there's something you need. Home and family may be taking up most of your time but it's worth an extra push to get things done. A positive change is just around the corner.

GEMINI May 22 – June 21

Sit up and take notice if a money-making opportunity comes your way. It could be the quick-fix solution you're looking for and a family member might be involved. You're the zodiac's Chatty Cathy and there are a million things to talk about this week. If you fancy a new motor, use your gift of the gab to make it happen.

CANCER June 22 – July 22

Today's a good day if you take action and get motivated to move your life in the right direction. Forget what others want for a while and become your own best friend. A financial game plan can help you achieve what you want long-term. Passion is on the cards when someone walks into your life wearing red.

LEO July 23 – August 23

If you're a carer or responsible for a family member, leave no stone unturned if you require more support – financial, emotional or otherwise. Get someone influential on your side and they could turn the situation around fast. Deal with what's important first thing. A spontaneous night out is the good laugh you need.

VIRGO August 24 – September 22

You'll make things easier for yourself if you focus on teamwork and getting on with other people. Recognise when you can't do it all on your own and ask for help if you need it. Know your worth and what's best for you. Single? Look for love in a place of worship or a charitable organisation.

LIBRA September 23 – October 23

You could be fast-tracked into a new job or role today. Step up and your determination may be rewarded. If you'd almost given up on a work goal, it's worth remotivating yourself today. Give yourself until the end of next month to try again. Single? Ask a friend who works in tech for an introduction.

SCORPIO October 24 – November 22

You may find a way to fund a holiday or study course today. Perhaps, you've been saving hard or you hear news of a better paid job that's got your name written on it. You could even be tempted to consider working abroad. Whatever your current goal in life, go for gold and don't settle for silver or bronze.

SAGITTARIUS November 23 – December 21

Answers could come thick and fast today if you've been caught up in an ongoing legal battle or financial struggle since last summer. Finally, you can cut to the heart of the matter and make sound decisions moving forward. Investing in property could be the right move but be wary of getting trapped financially.

CAPRICORN December 22 – January 20

Mars, the planet of passion and anger, moves into your relationship zone today. Will this mean more sex or more arguments? A lot depends on whether you and your other half have been able to sort things out together over the last few months. Money is a key factor and, if that's going well, anything's possible.

AQUARIUS January 21 –February 18

If you've been dealing with a problem at work or an ongoing health issue since last year, don't delay in trying to get things sorted a moment longer. Being assertive can get results so leap in and take the initiative. Love is foreground in your life so don't ignore the signs. The person who's light and bright is the one for you.

PISCES February 19 – March 20

If you're a parent, you might have to deal with a child's anger today or ensure they know all about the birds and the bees. If you're single, your sex life could be hotting up fast. Chase after the one you want before someone else does. If you're at work, be your best self because your actions can get you noticed.

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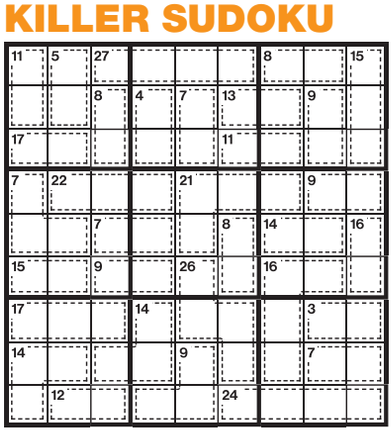
		2		1	4	3		

KILLER SUDOKU



The normal rules of sudoku apply. In addition, the digits in each inner shape (marked by dashes) must add up to the number in the top corner of that shape. No digit can be repeated within an inner shape. Solution on right.

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

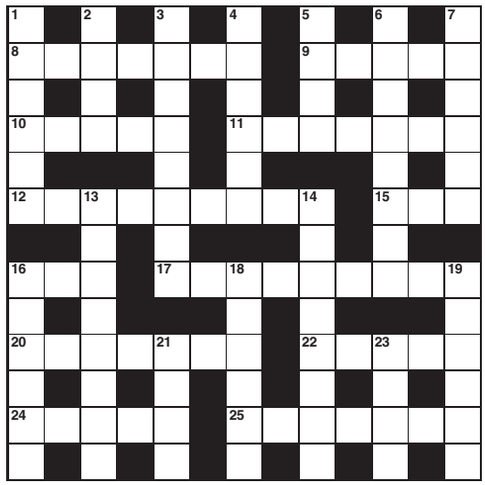
Cryptic

ACROSS

8 Spooner's at far greater altitude, and awry (7)
9 Informer ultimately looking after idiot (5)
10 Talk of small mountain (5)
11 Recreation of father's generation? (7)
12 Son to brag about protection for farmer's assistant? (9)
15 Choose work with leader of Tories (3)
16 Residence in Budapest overturned (3)
17 Rugby player one books as advocate (9)
20 Expel number of people voting (7)
22 Shady recess Jimmy Anderson perhaps left abandoned (5)
24 Fine a Greek character and native of Congo (5)
25 Disregarded eroding rocks (7)

DOWN

1 Article on society is for dissertation (6)
2 Promote some pushy pensioners (4)
3 Repaired muck pipe provides boost (4-2-2)
4 Met up with a moderate (6)
5 A long time in roofless enclosures (4)
6 I am somehow wearing close fitting undergarment (8)
7 Claim trespasser took boxes (6)
13 Learn mad criminal is senior councillor (8)
14 Reportedly would throw out English honeysuckle (8)
16 No part working for supporter (6)
18 Get on a bit, running (6)
19 Do business around Italy, and lecture (6)
21 Loves to receive greeting in American state (4)
23 Argue about temperature in plant (4)



Solutions tomorrow
Get solutions today: Call **0905 757 0150** for Across and **0905 757 0151** for Down before midnight.
Calls cost £1 a minute plus network charge.

Coffee Time

ACROSS

8 Not functioning correctly (7)
9 Plant such as wheat or bamboo (5)
10 Utter (5)
11 Hobby (7)
12 Figure that protects crops from birds (9)
15 Decide (3)
16 Cushion (3)
17 Favourer (9)
20 Attendance (7)
22 Garden retreat (5)
24 Relative of the giraffe (5)
25 Paid no attention to (7)

DOWN

1 Proposition (6)
2 Exaggerated advertising (4)
3 Tonic (4-2-2)
4 Mood (6)
5 Gets older (4)
6 Short negligee (8)
7 Firmly state (6)
13 Guild's leader (8)
14 British brand of cigarette named after a flower (8)
16 Customer (6)
18 Acquire (6)
19 Rant (6)
21 Home of Columbus (4)
23 Sweet liquid made from malt (4)

Buy the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 at harpercollins.co.uk or call 0141 306 3100

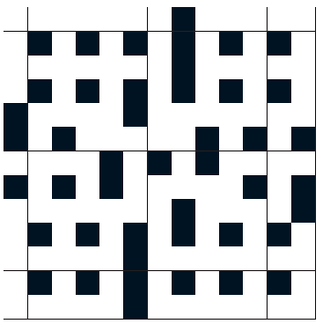
WORDSEARCH

Find seven words associated with electricity. Words can run forwards, backwards or diagonally.

S	N	I	A	M	O	T
C	L	H	A	F	I	L
G	H	M	P	U	F	O
V	P	A	C	S	E	V
C	U	R	R	E	N	T
E	I	R	N	G	S	O
C	T	A	E	L	E	R

KRISS KROSS

Fit the words into the grid. Solution below right.



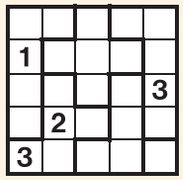
4 letters
Akin
Ally
Evil
Moth
Peal
Seam
Sumo
They

5 letters
Abyss
Besom
Bight
Emoji
Flesh
Gusto
Haiku
Holed
Idyll
Impel
Knead
Mimic
Mooch
Perch
Rhyme
Sheer
Slimy
Sushi

6 letters
Behave
Custom
Notice
Stereo

7 letters
Airlock
Catfish
Emotion
Mohican
Prickle
Twinset

SUGURU®



Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally. Solution below right.

THE NAME GAME

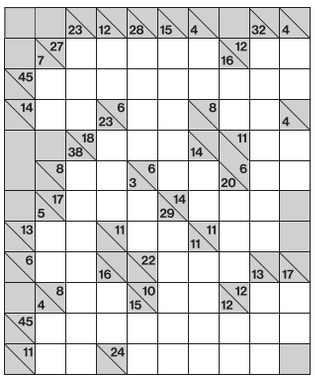
EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a commentator:

1	2	3	4	5	6	7	8	9	10

9 & 2	Graham, lead guitarist and secondary vocalist of Blur (second and fourth letters of name)
6 & 4	Golfer Mr Spieth, American winner of the 2015 Masters Tournament aged only 21 (second and last letters of name)
3 & 10	Ms Waterman, Dennis's actress daughter who played Laura Beale in EastEnders (first and third letters of name)
1 & 8	She is a former England footballer who won the 2022 series of I'm A Celebrity... Get Me Out Of Here!
7 & 5	The colourful presenter of 1980's children's TV show Wacaday

Yesterday: Presenter CATHY MCGOWAN ((Nathaniel and Trevoh) Chalobah, Andy Garcia, Frank (Sinatra), Oz Clarke, Willie Thorne, Yehudi (Menuhin), Heather Mills). Another Name Game in The Sun tomorrow.
Can't wait until tomorrow for the answers? Call **0901 293 6298**
Calls cost £1 plus your network access charge.

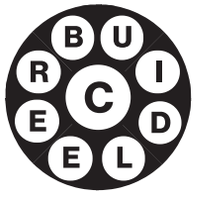
KAKURO



Fill the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. The same digit may occur more than once in a row or column. Solution below right.

SUNDIAL

Brilliant: 40. Excellent: 34. Good: 25. Great kids' score: 19.



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals ending in 's'. Words from Collins Concise Dictionary. Solution tomorrow.

YESTERDAY: Cello, clod, clot, code, cold, collect, colt, cote, deco, decoct, dolce, dole, doll, dolt, dote, lode, toed, told, toll, tolled, COLLECTED.

30-SECOND NUMBERCRUNCH

Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't use a calculator – that would be cheating! Write your answer at the end. Aim to complete each round in about 30 seconds. Good luck! Answers on the right.

EASY **95**	+55	÷6	+91	÷4	-19	×3	÷5	×8	-39	ANSWER
MEDIUM **95**	+152	÷13	+96	÷5	+278	÷7	-35	×12	-47	ANSWER
HARDER **647**	-289	50% of it	+3911	×4/5	-2535	÷11	+515	÷6	+4859	ANSWER

Check today's answers by calling **0905 757 0155** before midnight.
Calls cost £1 per minute plus your telephone company's network access charge.

favourite brain-teasers! from Tuesday to Friday

Don't miss Saturday's Sun and The Sun on Sunday for bumper 3-page puzzle specials

WORD WORKOUT

4	23 S	23	6	9	14	■	22	4	26	21
■	21	■	25	■	6	■	3	■	15	■
7	4	13	21	■	26	2	6	5	5	24
■	■	■	4	■	8	■	17	■	21	■
18	1 U	6	17	17	■	19	17	6	16	12
■	14	■	■	4	9	15	■	■	21	■
23	16	1	14 N	9	■	10	6	14	25 D	24
■	4	■	15	■	23	■	25	■	■	■
21	20	13	15	3	16	■	6	16	26	2
■	21	■	23	■	6	■	15	■	4	■
6	25	17	21	■	3	21	11	4	3	8

A B C ~~D~~ E F G H I J K L M ~~N~~ O P Q R ~~S~~ T ~~U~~ V W X Y Z

1 U	2	3	4	5	6	7	8	9	10	11	12	13
14 N	15	16	17	18	19	20	21	22	23 S	24	25 D	26

The world's best brain-teaser – The Sun's clueless crossword. Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter E, write E in all the squares with a 4. The whole alphabet is used and we have supplied some letters to start you off. Answers tomorrow.

YESTERDAY'S SOLUTION
ACROSS: Sank, Envy, Awoke, Heady, Unbox, Slum, Cube, Quail, Guru, Unit, Avoid, Pasta, Rejig, Zips, Sown.
DOWN: Ado, Keen, Echo, Via, Fads, Byte, Kumquat, Exclude, Bravo, Gaps, Toga, Vans, Irks, Ski, Jaw.

For four extra WORD WORKOUT clues
CALL 0901 293 6299 **TEXT** SUNWORD to 64343
Cost £1 plus standard network charge
For clues from the last 7 days **CALL** 0905 624 0010. Cost £1 per min plus network charge

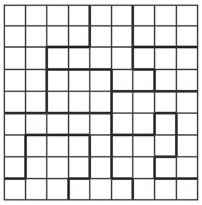
MISSING LINK

Fit ten words into the grid so each connects with the words on either side, eg wishing – well – done. The letters in the shaded squares spell out a fruit. Solution below.

GAME	▒				BOX
KEEP			▒		DOWN
PRIZE			▒		BACK
ICE			▒		OUT
WELL	▒				CLEAR
ROYAL	▒				WHALE
SPARKLING				▒	CELLARS
GOAL		▒			CODE
PRICKLY				▒	TREE
DESK				▒	SUM

STARS

Put two stars in each row, column and region. Star cells can't touch, even diagonally. Solution below.



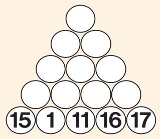
X FACTOR

Normal sudoku rules... but the two main diagonals must also contain the numbers 1-9. Solution below.

			4				5	
					5			6
	2	4						
			9		4		1	
	9	8						
		1			2			3
7		2	5	9		1		
				7		9		
		3						

ADD UP

If the number in each circle is the sum of the two below it, what is the top number? Solution below.

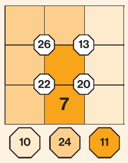


BRAINBUSTER

Can you rearrange each set of letter blocks into one longer word?

[a] I-EX-ON-P-CE-SM-AL-TI
[b] HE-T-TI-MA-MA-AN-CI-S

SAKURO



Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals at the bottom. Solution below.

SET SQUARE

3	+		÷		= 1
÷	■	+	■	×	
	+		+		= 14
+	■	−	■	−	
	×		+		= 20
= 5		= 7		= 26	

Place digits 1-9 to make the sums work. Each digit can be used only once. Solution below.

Yesterday's solutions

SunDOKU

Teaser

6	3	1	4	8	5	9	7	2
5	9	8	7	6	2	1	3	4
4	7	2	9	3	1	8	6	5
1	2	3	5	4	9	7	8	6
9	6	4	8	1	7	5	2	3
8	5	7	6	2	3	4	9	1
3	8	5	2	7	4	6	1	9
2	4	6	1	9	8	3	5	7
7	1	9	3	5	6	2	4	8

Toughie

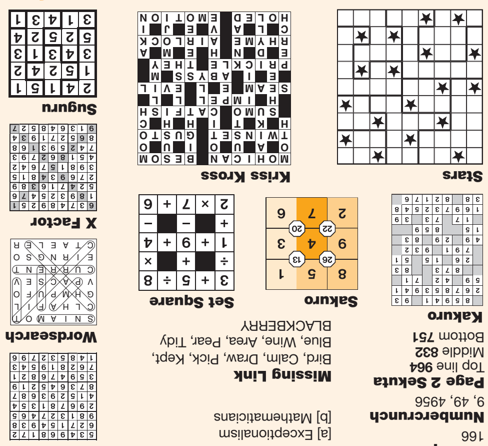
9	5	1	8	2	6	4	7	3
3	7	4	9	1	5	8	2	6
8	6	2	7	4	3	1	9	5
6	1	9	2	8	4	3	5	7
2	8	3	5	7	9	6	4	1
7	4	5	6	3	1	2	8	9
5	2	8	3	6	7	9	1	4
1	9	6	4	5	8	7	3	2
4	3	7	1	9	2	5	6	8

Two-speed crossword
ACROSS: 1 S-nags, 4 Brio-che(ese), 8 Awesome, 9 Fen-ce, 10 Longboat, 12 Feet (feat), 14 Wig-gle, 15 Made up, 18 S-ate, 19 C-handler, 21 Bravo, 22 Rel-ease, 24 Eye (l)-lash, 25 T-a-rot.

DOWN: 1 Swallow, 2 (R)ace, 3 S-now-ball, 4 By-(s)elaw, 5 Info, 6 Con-ge-reel, 7 Eg-est, 11 Negot-i-at-e, 13 Gaunt-let, 16 Port-ent, 17 Ch-ur-ch, 18 Sable, 20 lo-wa(s), 23 (F)air.

NEWSPAPERS SUPPORT RECYCLING
The recycled paper content of UK newspapers in 2025 was 34.7%

Today's solutions



Calls for clues & answers last no longer than 2 minutes (Sundial answers may vary). Helpline: **0333 202 3390** (9am-5.30pm). Service provider: Spoke, W1T 4HD

HEALTHY SALE

THE **VITHIT** healthy drinks brand founded by former professional rugby player Gary Lavin has been bought by **VIMTO** owner John Nichols for £64million.

Mr Lavin – who played for Leinster and Harlequins – will step down after the sale of the brand which he launched 25 years ago as a healthy alternative to sugary sports drinks.

It expanded to 13 overseas markets and last year made £3.5million underlying profit.

£1BN LEND RAP

LLOYDS BANKING GROUP is fighting two High Court claims worth up to £1.38billion over its alleged failure to spot warning signs in a huge lending scandal.

Liquidators of collapsed broadcasting equipment supplier **ARENA TELEVISION** claim owner Richard Yeowart raised £1.2billion from non-existent kit. Experts say thousands of suspicious payments passed through Lloyds, which the bank denies.

Sun money daily

james.flanders@thesun.co.uk

EDITED By JAMES FLANDERS, Business Affairs Editor

THAMES BOSS £1M BAILOUT

By EMILY MEE

THAMES WATER has sparked fury by handing a boss a £1million golden hello from bailout cash.

The supplier, which has more than £20billion of debt, has been slammed for the payout to chief financial officer Steve Buck.

The cash came from a £3billion emergency loan facility designed to keep the failing company afloat.

Thames Water was hit last year with a record fine of £123million by regulator Ofwat for failings including multiple spills of sewage into rivers.

Campaign group River Action said: "Thames Water is on the brink of financial collapse, rivers in its region are drowning in sewage and 571million litres of water are lost every day. Yet there's still £1million for a signing-on payment – it's indefensible."

The supplier to 16million customers handed Mr Buck the cash in late July.

Chairman Sir Adrian Montague told MPs the handout was a "necessary incentive" for the exec, *left*, who joined last year.

The money was delayed as executive payments were paused amid public anger.

The firm has also reached deals over retention cash for 14 current and former bosses.

Downing Street branded the rewards "unacceptable".

The payments will intensify calls for the Government to take control of Thames Water.

In July the firm disclosed £4million in bonuses.

FTSE 100 10,862.50 DOWN 38.59pts 0.35%

£ $1.35 €1.17

SHARE PRICES

21st Cent Fox Inc A	4682	-	
21st Cent Fox Inc B	3349	-	
Aberdeen Group	250¼	-	2 ¼
Anglo American	4045	+	23
Assco Br Foods	2096	-	34
AstraZeneca*	12022	+	126
Aviva	706¼	-	6 ¼
BAE Systems	2248	+	28
BP	525½	+	8 ¼
BT Group*	194¾	-	4 ½
Barclays*	518½	+	2 ½
Barratt Redrow	317	-	6 ½
Bco Santander SA	1096	-	
Brit Amer Tobacco*	4242	-	179
British Land	439¼	-	4
Bunzl	2830	-	40
Burberry Group	1166½	+	2
Compass	2378¾	-	7 ¾
Currys	160¾	-	1
Diageo	1790½	+	0 ½
Drax Group	726½	+	8 ½
Experian	2878	-	19
FirstGroup	184¼	+	0 ¾
Frasers Group	805	-	3 ½
GSK	1926	-	34 ½
Greggs	1899	-	19

HSBC	1524	-	5 ¼
IMI	3143	+	7
ITV	71½	-	1 ¼
Imperial Brands	2643½	-	147 ¼
InterCont'l Hotels	11490¼	-	223¼
Intl Consol. Airlines	437¼	-	5 ¼
Johnson Matthey	2176	+	8
Kingfisher	319¾	-	7 ¾
Legal&General	310¾	-	5 ½
Lloyds Banking Gp*	114½	-	0 ½
LSE Grp	8860	-	60
Man Group*	310	-	1 ¾
Marks & Spencer	403	-	5 ½
Mitch & Butlers	281½	-	1
Mitie Group*	206¼	+	0 ¼
Mobico Group	25½	-	0
Mothercare	0¾	-	0
NatWest Group	712¼	-	
National Grid	1176½	-	23 ½
News Corp A	2096¾	-	30
News Corp B	2409¼	-	20 ¼
Next	15665	-	20
Pennon*	467½	-	2 ¼

Persimmon	1140½	-	26
Prudential	1044	-	0 ½
Rank Group	100¼	-	2 ¼
Reckitt Benckiser*	5264	-	42
Rentokil	360½	+	0 ¼
Rightmove	472¼	-	0 ¾
Rio Tinto Ltd	9353¾	+	52 ¾
Rolls-Royce*	1550¼	+	20 ¼
SSE*	2371	-	19
Sainsbury's	350	-	3
Segro*	949	-	10 ½
Severn Trent	3093	-	49
Shell	3300	+	22 ½
Smith&New	1106	-	7
Smiths News	71¾	+	0 ¼
Standard Chartered*	2228	+	9
Tesco	468¼	-	6 ¾
The Sage Grp	1045	-	3 ½
Unilever*	4634½	-	35 ½
United Utilities	1419	-	17
Vanquis Banking Gp	79¾	-	1 ¾
Vesuvius	407¼	+	2
Vodafone	117¼	-	3 ¼
WH Smith	444	-	8 ¼

* = ex dividend

BUYER IN NIC OF TIME?

LUXURY store HARVEY NICHOLS warns it could stop trading in a year without a multi-million-pound bailout or a buyer.

No fresh funding was agreed when its latest accounts were signed off on July 30. Mike Ashley's FRASERS GROUP is reportedly leading the race to buy it from long-standing owner Sir Dickson Poon. NEXT is also said to be interested.

The retailer has seen five consecutive years of losses, while revenue fell 5 per cent to £204.8million in the year to March 2024. Buyers may need to inject up to £60million to revive it.

The Sun TRAVEL

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TERMS AND CONDITIONS: Prices subject to availability at the time of booking and per person and based on two adults sharing. Single supplements and child prices are available - please call for prices. Prices are correct at the time of going to print. Full terms and conditions apply - please visit the Racing Breaks website. © 2025 RacingBreaks.com Limited. All rights reserved. Claster Court, 22-26 Farringdon Lane, London, England, EC1R 3AJ.

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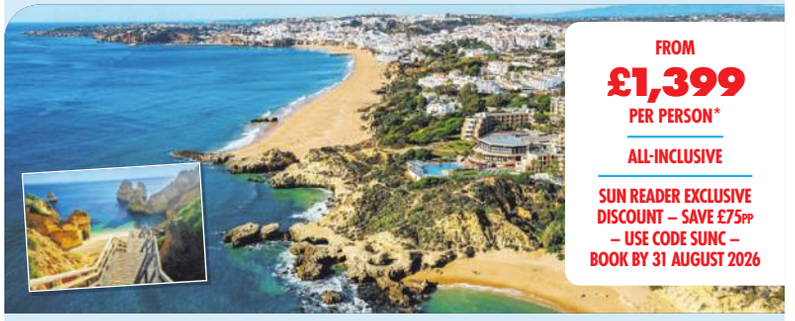
The Sun TRAVEL

just go holidays



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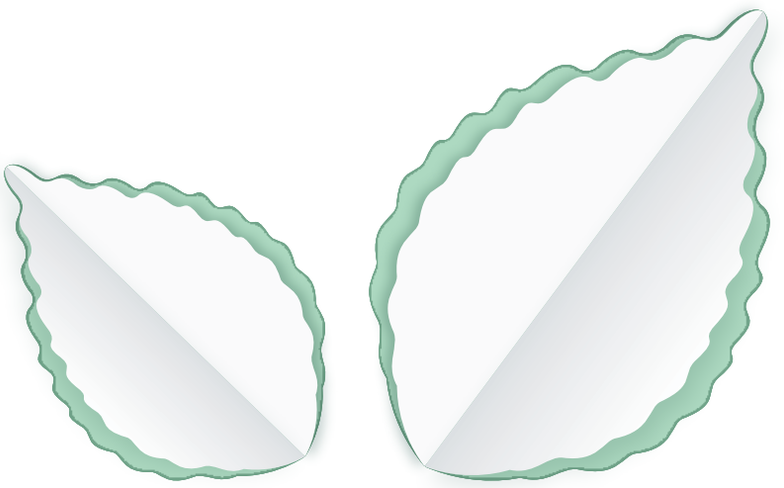

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A tiller...the fun

MANY of the UK's top breaks this summer are afloat – and you can climb aboard all of these boats with zero experience. JACOB LEWIS picks seven of the best experiences on the water.

Norfolk Broads day boat, Wroxham

TURN up at Wroxham, get a simple, five-minute briefing, and you are ready to set off, steering your own boat down the River Bure.

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Wroxham Boat Hire charges £40 for an hour, £70 for two, £100 for three and £130 for four. See wroxhamboathire.co.uk.

Broads Tours, also in Wroxham, start at £20 an hour if you want to keep it cheaper. See broadstours.co.uk.

"Self-drive" on Windermere, Bowness

THIS is the cheap, no-planning option, perfect for spur of the moment sailors.

Hire a little electric motorboat or a traditional wooden rowing boat straight off the pier then go in search of the quiet bays the big day-trip boats sail straight past.

The motorboats take up to six, have roll-back hoods for when the weather hits, and need no expertise, from £46.

The four-seater rowing boats are a clinker design barely changed since the 1800s, and come with full training and buoyancy aids, from £28.

See windermere-lakecruises.co.uk for details.

Narrowboat over Pontcysyllte Aqueduct, Wrexham

THOMAS TELFORD'S aqueduct carries the Llangollen Canal 126ft above the River Dee in an iron trough and, yes, you pilot your own boat across it.

It's a UNESCO World Heritage Site and it is genuinely terrifying looking over the edge. Anglo Welsh's base at Trevor sits right beside it, with day boats for up to ten people from £155 and short breaks running on to Llangollen.

Don't want to steer? The Seren Fach trip boat does the crossing in 45 mins from Canal Wharf in Trevor. Adults from £10.58. Details at anglowelsh.co.uk.

Dolphin spotting in Lyme Bay, Dorset

THE Jurassic Coast is a big draw for dinosaur fossil hunters, but if you head out to sea instead, you may see all manner of aquatic creatures. A full day's cruise will give you the chance to spot white-beaked dolphins, basking sharks and the wonderfully odd sunfish – which lolls about on its side at the surface like it's sunbathing.

An expert naturalist is on board to point out what you're actually looking at. Tea and coffee are included but you need to bring your own lunch.

From £135pp with Naturetrek, on Sept 16. Details at naturetrek.co.uk.

Cruiser on Lough Erne, Fermanagh

LOUGH Erne is 800sqkm of island-studded water, dotted with castles and ruins, and you can spend a day pottering about in your own boat.

No experience is needed, as tuition, charts, buoyancy aids and fuel are all included, and every boat has a front cabin with inside steering so you're not stuck in the rain. Manor House Marine at Killadeas charges £80 for a half-day or £110 for a full day on a boat taking six, and £110 or £150 for one with room for eight.

Find out more at manormarine.com/day-boat-hire.

Camping skiff on the Thames

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Thames Skiff Hire's boats are over a century old and have appeared in hit films, including Harry Potter.

Four days for two costs from £320 on a Walton round trip, £440 one-way from Henley to Walton, or £570 for the prettiest run, Lechlade to Oxford. Details at skiffhire.com.

Learn to crew a racing yacht, The Solent

THIS is for anyone who's messed about in boats a bit and now wants to take it to a whole new level.

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- Complimentary fruit basket and bottle of local red wine on arrival
- Admission to the Malta Experience Show

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ATHLETICS

EURO CHAMPIONSHIPS

Thrill OF THE Hunt

AMAZING AMY HAD GOLD PREMONITION

GOLDEN girl Amy Hunt stormed to European 100metres glory — but she had already foreseen it would be her night.

By ROB MAUL

Hunt produced a stunning display as she won last night's final in Birmingham in a time of 11 seconds dead.

Silver was claimed by Pole Ewa Swoboda in 11.02sec, while Belgian Delphine Nkansa took bronze in 11.06.

And Hunt *(below)* revealed that winning her first senior individual athletics title did not come as a surprise.

She said: "I knew I could come away with a gold. I had such a big premonition.

"I'm someone who doesn't shy away from what she knows she can do.

"I'm so proud and I'm so confident in myself because I get to see what I do every single day at training.

"And I just love my job, so this is what makes it the best for me, you know?

"I just had such a magical feeling."

Hunt, 24, is no stranger to the Alexander Stadium, hailing from not that far away.

And she added: "I've won English Schools here. I've raced here as a kind of 13-14-year-old.

"So, this is really my track. I'm a girl from Newark, I'm a Midlands girl, so I just had a feeling that this was going to be my night. It's so special."

Hunt also sent a warning to her global rivals, making clear that she does not intend to stop at European gold.

She said: "I don't know if I have any more one-liners in me but, before, I quoted one of my favourite songs – that 'I want it all'."

Defending champion Dina Asher-Smith just squeezed into the eight-woman final, coming third in her semi-final but finished fifth overall.

The home-grown success capped night one of the European Athletics Championships in front of a disappointing crowd in Birmingham.

Hunt claimed World 200m silver in Tokyo last September but this is the first time she has crossed the line first in a major competition.

It underlines her status as the one to watch in track and field for Team GB two years out from the LA Olympics.

And it came 13 days after her silver over the same distance at the Commonwealth Games in Glasgow.

The Cambridge-educated star, who trains in Italy, made the decision to go to Scotland when others skipped the event.

But Hunt was rewarded by the dual approach with this glory.

Admittedly, there were no Americans or Jamaicans in the line-up but gold in front of a home crowd is something any athlete wants in their careers.

In the morning, Brits Ben Pattison (1:45.40) and Max Burgin (1:45.80) reached the next stage of the men's 800m.

Halifax-born Burgin, 24, overcame illness to run and said: "I've not managed much running. The bits I have done haven't inspired much confidence, so I wasn't sure how I'd do."

SLICK PERFORMANCE ... Hunt takes 100m gold

BRIT SPECIAL . . . relay aces

Relay's so foursome

By ROB MAUL

BRITAIN won its first medal of a home European Championships — with silver in the mixed 4x400 metres relay.

Ben Jefferies, Charlotte Henrich, Toby Harries and Yemi Mary John came second behind Norway, who ran a Championship record of 3min 9.62sec.

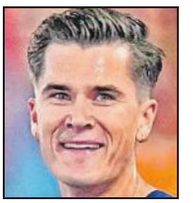
The four home stars ran a time of 3:10.47, just 0.3sec clear of the Netherlands in third.

A crowd of 13,623 in Birmingham cheered on the Brits down the home straight.

Yet Roger Black's daughter — who runs for France not Britain — missed out on a medal.

Black, 60, was a five-time European gold medallist and a Team GB star in 1996 with his Olympic silver in Atlanta.

His daughter Isabelle, 26, whose mum is French international sprinter Elsa Devassoigne, could only muster seventh spot with her team over four laps.



INGEBRIGTSEN . . . gold

Jak by Far the best

By ROB MAUL

JAKOB INGEBRIGTSEN eclipsed Mo Farah with a magnificent final flourish in the men's 5,000 metres.

The Norwegian superstar — in his first race since September — claimed a record fourth title in this event at continental level.

He now has one more crown than British long-distance king Farah, who was a treble champion between 2010-14.

Ingebrigtsen, 25, was boxed in with 400m to go and in danger of losing for the first time at the Euros.

Yet in the final 40 metres he made his move, outsprinting German silver medallist Florian Bremm to win in 13min 15.29sec.

Ingebrigtsen, who fought back from Achilles surgery to claim his 15th Euro track title overall, said: "I dreamt of this moment.

"I crossed my fingers I'd come here and feel better. I am extremely happy."

RUNNING A SCAM.. NOT ME!

KEELY HODGKINSON laughed off a bizarre online conspiracy theory that alleged she was paid £200,000 to skip the Commonwealth Games.

By ROB MAUL

The Team GB star snubbed the ten-day Glasgow event to focus on the European Athletics Championships at Birmingham's Alexander Stadium.

In her absence, Georgia Hunter Bell *(right)* – a pal and running mate – won the women's 800 metres at a canter in Scotland, having dropped down from the 1500m.

Hodgkinson, 24, and Hunter Bell, 32, were on a training camp together in Portugal when they noticed an untrue allegation from an anonymous account claiming they had agreed a financial pact.

Reigning Olympic 800m champ Hodgkinson – who simply did not "want to do" the low-key, trimmed-down Games – said: "It's quite funny.

"Me and Georgia were laughing the other day because we saw a TikTok, and it was like, 'Georgia Bell pays Keely 200k to not do the Commonwealth Games'.

"I thought, 'Well, I didn't get that money, so where the f***'s it gone? But I don't know. People make up stuff – we just laugh about it. It's a strange world we live in sometimes." Hodgkinson *(right)* earned worldwide fame in 2021 when she won an Olympic silver medal at the Covid-hit Tokyo Games aged 19.

Since then she has achieved Olympic glory over two laps of the track, three medals at world level and four European crowns – two outdoors and two indoors.

As much as she is a role model to millions, Hodgkinson has learnt to deal with the other side to fame: the intense scrutiny.

There have been times when she has deleted social media apps from her phone.

Hodgkinson, who runs today in the 800m heats, said: "Anyone I've ever bumped into has been very nice and supportive, which is always really great. There's more the issue online of opinions and perspectives and guesses and assumptions.

"Sometimes it's quite frustrating. You just want to be like, 'That's not what's happening!' But there's nothing I can do about that.

"So you have to be a bit thick-skinned to be able to just put that to a side and completely ignore it. Just really focus on who you are, what you want to do.

"It's definitely something I've learnt this last year.

"As the sport grows and the athletes grow, you are subjected to more opinions and it can be frustrating at times. But you've just got to let that go."

BIG SPLASH

AD'S BETTER . . . Ramsay-Peaty made a flying start to his Euros challenge in the French capital

PEATY OF PARIS

Good signs for Adam

ADAM RAMSAY-PEATY was a much happier swimmer after racing into the 100 metres Euros breaststroke final in Paris.

By LIZ BYRNES

The two-time Olympic champion broke down in tears after finishing third at the Commonwealth Games just over two weeks ago.

He was a changed man after his 58.94sec swim took him into tonight's final with the third best time – behind Italian Olympic champion Nicolo Martinenghi (58.67) and Ireland's Jack Kelly (58.90).

Ramsay-Peaty, 31, said: "It's a good start to these championships.

"We'll have to find something in the back end tomorrow but it's miles ahead of where it was two weeks ago, so who knows the difference 24 hours is going to make?"

Ramsay-Peaty has 16 gold medals from 16 previous Euros finals – the last four in Budapest in 2021, months before he won the Olympic title for a second time.

He added: "A non-negotiable with me is to improve that process.

"If I can do that process, it will give me a better time. Better time gives me a better position."

Ramsay-Peaty will hope to add to two British golds and a bronze on the opening day.

The men's 4x200m freestyle relay – Matt Richards, Jack McMillan, James Guy and Duncan Scott – added the European title to their Olympic and world crowns in a championship record of 7:01.52.

Freya Colbert, Abbie Wood, Leah Schlosshan and Freya Anderson also won in a Euros-best 7:45.93.

Max Litchfield took 400m individual medley bronze in 4:11.58.

'EENGLAND

MOEEN ALI'S "ultimate dream" is to become England boss.

The all-rounder *(right)* retired from international cricket in 2024 but still plays for Yorkshire in the Vitality Blast and Southern Brave in The Hundred.

Moeen, 39, who was part of Freddie Flintoff's Lions set-up earlier this year, said: "The ultimate dream is to coach England but there is a lot of work to put in.

"After this winter, I'll be more free. I want to gain experience."

SAMAZING

TOBY CROSBY said the chance to play under Sam Burgess at Warrington was a big draw.

The prop, 23, joins from Penrith Panthers ahead of next season along with fellow front-row forward Mitchell Prest, also 23, who was at Mackay Cutters.

They will join half-back Brodie Croft, signed from Leeds, in the Wolves ranks for 2027.

Crosby said: "The chance to work under a guy like Sam was a huge attraction."

Whack to the future

ROBERTSON . . . settled up

MOSES ITAUMA refuses to think any further ahead than his world heavyweight title fight in 18 days.

The Brit, 21, faces Filip Hrgovic at the O_2 Arena for the vacant IBF crown.

Promoter Frank Warren predicted a Wembley blockbuster with Daniel Dubois in 2027 if Itauma defeats the Croat, 34.

But Itauma admitted: "I haven't really thought about that, to be honest.

"If I don't get past Hrgovic, there ain't going to be no stadium fights."

And he warned his opponent: "Nobody comes to watch heavyweights go to points — you want to see some knockouts."

Hungry Neil fits bill in No1 race

NEIL ROBERTSON'S stunned pals had to hit the record button when the Aussie stumped up for dinner.

By ROB MAUL

The 2010 world champion has formed a close bond with Shaun Murphy, Barry Hawkins and Mark Selby while they are in the Far East for three tournaments.

But his snooker mates have mocked him when it comes to paying for meals out.

Robertson, 44, explained: "I've practised hard every day – we're here for a very long time and I want to make the most of it.

"The guys have made fun of me because a couple of times I haven't been there to go to dinner. Barry and Mark had to split one that was £1,200 for dinner – as Shaun went a bit OTT on the wine.

"When I got the dinner in a few nights ago, Mark and Barry recorded me in disbelief that I got the bill!"

Robertson hopes to return to the top of the world rankings after an 11-year absence.

He is gaining on No1 Judd Trump – who lost to Noppon Saengkham in the first round of the China Open.

Robbo, who beat Chang Bingyu 6-3, said: "Judd has had such a crazy lead on everyone else but I will give it a crack. I want to keep the run going and play well."

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No Ram Turkover

SAUDI boxing chief Turki Al-Sheikh has pulled the plug on his takeover of Championship side Derby.

Last week, the Rams had the purchase OK'd by the authorities.

But Lion Sport owner Al-Sheikh, 45, is no longer going ahead with the deal.

A statement from Derby read: "The club received notice Lion Sport no longer wanted to continue with the purchase."

Al-Sheikh *(above)* added: "We don't feel it is right to proceed at this time."

SPORTS ROUND-UP: RESULTS & FIXTURES

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ATHLETICS

EUROPEAN CHAMPIONSHIPS (Birmingham): **Men, 5000m -** 1 J Ingebrigtsen (Nor) 13m 15.29s; 2 F Bremm (Ger) 13:15.60; 3 E Daguinos (Fra) 13:16.09. **Selected -** 12 J West (GB) 13m 24.63s; 18 D McElhinney (Ire) 13:37.62. **Shot Put -** 1 L Fabbri (Ita) 22.31pts; 2 Z Weir (Ita) 21.12; 3 W Petersson (Swe) 20.97; 4 S Lincoln (GB) 20.81. **100m -** 1 A Hunt (GB) 11.00s; 2 E Swoboda (Pol) 11.02; 3 D Nkansa (Bel) 11.06. **Mixed, 4 x 400m Relay -** 1 Norway 3m 09.62s; 2 GB 3:10.47; 3 Netherlands 3:10.77.

CRICKET

THIRD ONE DAY INTERNATIONAL
Ireland v Afghanistan

Belfast: Ireland 206-10 (46.3 overs; A M Ghazanfar 3-29; R K Arman 3-44); Afghanistan 207-7 (44.5 overs; R Gurbaz 71; G Hoey 4-34). **Afghanistan beat Ireland by 3 wickets.**

THE HUNDRED - MEN
Trent Rockets v Southern Brave

Trent Bridge: Trent Rockets 158-5 (100 balls; M Santner 35no); Southern Brave 159-4 (97 balls; T Stubbs 52no, M Stoinis 46). **Southern Brave beat Trent Rockets by 6 wickets.**

THE HUNDRED - WOMEN
Trent Rockets v Southern Brave

Trent Bridge: Trent Rockets 117-5 (100 balls; M Bouchier 38, L Lee 31); Southern Brave 118-7 (98 balls; A Gardner 37, N Sciver-Brunt 32). **Trent Rockets beat Southern Brave by 3 wickets.**

SPEEDWAY

PREMIERSHIP - Belle Vue 48 King's Lynn 42 (Belle Vue win the aggregate point).

TODAY'S SPORT

(7.45 unless stated)

UEFA CHAMPIONS LGE THIRD QUALIFYING ROUND SECOND LEG
Bodo/Glimt (3) v U S Gilloise (3) 5.0
CM Celje v Ararat Armenia 7.15
FC Kairat (0) v Levski Sofia (1)... 4.0
K Zalgiris (0) v Din Zagreb (5).... 6.0
Lyon (1) v Sparta Prague (2)..... 8.0
NEC (0) v Olympiakos (0) 6.30
RS Belgrade (0) v H B Sheva (1) .. 7.0
Sabah Baku (1) v AGF (2) 5.0
S Bratislava (2) v Mjallby (1)..... 7.15
S Graz (0) v Fenerbahce (2)..... 7.30

UEFA EUROPA LEAGUE THIRD QUALIFYING ROUND SECOND LEG
Iberia 1999 (0) v Larne (0)..... 5.0

KDM EVOLUTION TROPHY: Alloa v Stranraer, Banks O'Dee v Peterhead, Berwick v Hearts U21, Bonnyrigg Rose v Annan, Clachnacuddin v Dundee U21, Clyde v St Mirren U21, Clydebank v Hibernian U21, Dumbarton v Airdrie, East Fife v Spartans, East Kilbride v Kilmarnock U21, Edinburgh City v Cowdenbeath, Elgin v Ross, Forfar v Aberdeen U21, Formartine v Dundee U21, Gala Fairydean v Rangers U21, Kelty Hearts v Motherwell, Montrose v Fraserburgh, Queen of South v Cumbernauld, Stirling v Cove.

SOUTHERN PREMIER - South: Bath City v Plymouth Parkway, Bracknell v Gloucester, Chertsey v Berkhamsted , Chippenham v Yate, Evesham v Frome, Hanwell v Basingstoke, Havant and W v Uxbridge, Poole v Sholing, Taunton v Malvern, Wimborne v Chichester City (7.30). **Central:** Alvechurch v Worcester City, Banbury v Racing Club Warwick, Bromsgrove v Rushall Olympic, Hitchin v Needham Market, Leamington v Anstey Nomads, Leighton v Kettering, Leiston v Bishop's Stortford, Peterborough Sports v Real Bedford, Stamford v Bury, Stratford v Redditch.

ISTHMIAN PREMIER: Burgess Hill v AFC Whyteleafe, Chatham v Dulwich, Cray v Cheshunt, Dartford v Brentwood, Eastbourne v Three Bridges, Enfield v St Albans, Leatherhead v Welling, Maldon & Tiptree v Aveley, Stanway v Ramsgate, Whitehawk v Lewes.

NORTHERN PREMIER: Alfreton v Gainsborough, Bamber Bridge v AVRO, Bury FC v Curzon Ashton, Emley AFC v Ilkeston, FC United of Manchester v Leek, Lancaster v Warrington Rylands, Quorn v Cleethorpes, Stockton v Ashton, Warrington v Hyde, Whitby v Guiseley, Workington v Redcar.

CRICKET

The Hundred: Manchester SG v Sunrisers Leeds (Old Trafford, Women 3.0, Men 6.30).

One-Day Cup - Grp A (11.0): Gloucestershire v Northants (Cheltenham), Somerset v Lancashire (Taunton), Surrey v Nottinghamshire (The Kia Oval), Warwickshire v Kent (Rugby). **Grp B (11.0):** Essex v Yorkshire (Chelmsford), Hampshire v Derbyshire (The Rose Bowl), Middlesex v Sussex (Radlett), Worcestershire v Durham (New Road).

OH, THEY ARE

Jarrod's Hammers promotion favourites

FORMER West Ham, Norwich and England star DEAN ASHTON gives SunSport his Championship rundown ahead of the new campaign.

From automatic promotion and play-off dark horses to the sack race and relegation scraps, Deano tries to predict the world's toughest league.

AUTOMATIC PROMOTION

WEST HAM

My old club definitely start the season as favourites.

The Hammers will be the team every club in the division will want to beat and that is something they've got to quickly adapt to.

It is about whether the players who stayed – along with the new signings – can be humble enough to get down to work and used to the physical demands of the Championship.

Keeping hold of captain and England winger Jarrod Bowen is such a massive statement.

He won't be fazed by the division as he played plenty of games for Hull before West Ham signed him.

MIDDLESBROUGH

They were the best team I watched last season.

Boss Kim Hellberg has had a full pre-season now after taking over from Rob Edwards early last campaign.

They've got new signings in and kept a fair few of their core players. I fully expect them to be right up there battling for the title.

They were close last season but are a quality outfit, and I'm excited to see how they perform.

Predicting this league is difficult – but neck on the line, West Ham and Boro are my two to go straight up.

PLAY-OFF RACE

This is pick-a-needle-out-of-a haystack stuff. Nearly the whole Championship will feel they have a chance – especially now that there are **SIX** spots up for grabs.

It feels like **BIRMINGHAM** are on this unstoppable journey and, with the financial backing they have, they're going to be tough to stop.

My other old club **NORWICH** have to be in that mix as what Philippe Clement *(right)* did there last season was remarkable.

He transformed a team that was in danger of possibly getting relegated to one that was close to the play-offs.

If he continues anywhere near that level, they'll be right there, even with a few early injury concerns.

Having picked West Ham and Boro for automatic promotion, **WOLVES** and **BURNLEY** should be in the play-offs too.

I like **MILLWALL** again under Alex Neil – their continuity and physical strength make them a nightmare to play against.

Then **SHEFFIELD UNITED** have big players coming back from injury – and if their star men step up they're top-eight guarantees.

And **WREXHAM** will be in the play-offs too – they just

GOALDEN BOY . . . Bowen (left) could be a Golden Boot contender

EFL

IT'S THREE DAYS

Not looking too Clever

TOM: WE NEED MORE BRIT BOSSES

BOWEN UP

but expect Boro to give 'em Hell

will! They're so entertaining to watch, score a lot of goals, and if they iron out a few details, they'll be up there.

I also think **SOUTHAMPTON** – even with a four-point deduction hanging over them – will reach the play-offs by the end of the season.

STRIKERS TO WATCH

As a former centre-forward I am always excited to see other strikers and the Championship has a lot of promising ones.

Boro's **WILL LANKSHEAR** is a fantastic signing, even for £20million and I can't wait to see how he develops.

Fellow Teesside ace **MORGAN WHITTAKER** is another who can hit another level entirely because he's got incredible natural ability.

And let's not forget **JAVON MAKAMA** at Norwich, who – if he can keep up his goals-to-game ratio and stay fit – will be right at the top of the charts.

GOLDEN BOOT

It will be a straight shootout between West Ham's **BOWEN** and Wolves' returning hero **RAUL JIMENEZ** *(right)*.

How scary is it that the Championship has two goalscorers of this calibre? Both are top class.

They are going to have a real ding-dong to be the division's top marksman.

BOSSES UNDER PRESSURE

All the pressure in the world is going to be on Nuno Espirito Santo at West Ham to deliver immediate promotion.

Seeing him stay put is great as he knows the Championship having been here with Wolves and racked up 99 points taking them to the Prem in 2017-18

But Hammers fans and the board will expect top spot.

Wolves chief **CESAR PEIXOTO** – who replaced Edwards in June – will face scrutiny as a bit of an unknown quantity. It's always the teams that have just been relegated from the Prem where the pressure is at its peak.

RELEGATION

It's always tough not to look at the promoted sides from League One like **LINCOLN**, **CARDIFF** and **BOLTON**.

The Championship is such a relentless, competitive league.

But also **PRESTON** have been on a bit of a downward turn for a while now and it wouldn't surprise me at all if they really struggled this year.

CHARLTON stayed up last season but it could be another very long campaign for them. I worry about these two getting dragged into trouble.

SHEAR CLASS ... Boro striker Lankshear (below) is one to watch

UNTIL KICK-OFF

TOM CLEVERLEY wants a new generation of home-grown managers to follow Michael Carrick and reclaim their place at the top of world football.

By **JUSTIN ALLEN**

The Plymouth boss believes the success of Spanish titans like Pep Guardiola, Mikel Arteta, Unai Emery and Andoni Iraola should spur on English coaches.

And he points straight to his former Manchester United team-mate Carrick as the man leading the charge.

Cleverley, 36, said: "We must acknowledge the dominance of Spanish coaches in this era at international, Champions League and Premier League level.

"They're a football superpower at the minute. That motivates English coaches like myself, Jack Wilshere at Luton and Richie Wellens at Leyton Orient or Gary O'Neil, who has gone in at Ipswich.

"Eddie Howe has been up there for a while before he stepped down at Newcastle – but a big motivation is can we put English coaches on the map again?

"Michael Carrick, we hope, can stamp his authority at United and put English coaches on the radar of the top four.

"That would do tons for the young or middle-aged English coach.

"Frank Lampard getting back into the Premier League with Coventry ... we're all rooting for him to take it on to the next level."

Tactically, Cleverley *(left)* refuses to be boxed in by stereotypes or rigid identity – taking inspiration from those top bosses while relying on an Old Trafford legend's advice. The former England midfielder said: "I couldn't speak highly enough of guys like Emery, Guardiola and Arteta.

"The reason they've had so much success is how much they've adapted to English football. They embraced the high intensity, valuing the basics and the dark arts.

"To match that level, you have to embrace the modern game, too. I am very aware of the data. Shots on target and xG are big for me, as is high-speed running.

"I'm a bit of a hybrid. My philosophy is always ... one, how do I get the best out of my players? Two, how do I create the best environment for success?

"And three, do you attack their box more than they attack yours?

"I want my team to be entertaining. Sir Alex Ferguson installed that in all of us: ultimately, if we're not getting bums off seats, we're not doing our job."

Cleverley, who played for United, Everton and Watford, is carving out his own path in Devon.

After 14 months in charge of the Hornets, he has been at Plymouth since last June.

Argyle face some of the most gruelling away trips in English football.

But Cleverley has turned their extreme geographical isolation into a real weapon.

He said: "I don't want to use the phrase siege mentality but because we're so far from everywhere, there's a togetherness and passion. Down in the South West, it's Argyle from Penzance all the way to Exeter or Bristol.

"We're fairly isolated – the city completely revolves around the military and football club. We embrace that.

"Our players are with each other more than any other club in the country and we use it to our advantage."

They have also devised ways to cope with the brutal EFL travel schedule.

Cleverley added: "We travel at 9am – when the traffic's the best.

"We try to get the best venue close to where we're playing the next day, and recovery is important.

"If we played at Bradford on a Tuesday and we're not back until 4am, we do things like train late on Thursday – give them a lie-in to make sure they catch up on that missed sleep."

Transitioning into the dugout also meant learning how to command the dressing room – including managing players who were recently team-mates.

But Cleverley explained: "I found it very easy creating that distance.

"I don't want to say 'barrier' because I like to communicate, connect with the players, but I'm not going out for a drink with them any more.

"I'm not sitting at their table for dinner because ultimately you're the one who tells them they're not playing.

"I'm just trying to be myself. They can feel the honesty and they respect that."

● Tom Cleverley was speaking to SunSport ahead of the new season after Plymouth Argyle received a £65,000 grant from the Sky Bet EFL Building Foundations Fund to launch a new programme supporting women through perimenopause and menopause.

CREWE CUT ... Dean Ashton, the meerkat and club badge (inset)

CREWE ALEKSANDR

NEW NAME IS SIMPLES

CREWE ALEXANDRA have been renamed "Crewe Aleksandr" after the TV meerkat.

EXCLUSIVE by **JUSTIN ALLEN**

The light-hearted launch comes as price comparison outfit Compare the Market steps in to support the League Two side.

Club chiefs unveiled a new badge, replacing their crest with the face of TV mascot Aleksandr Orlov.

Former Crewe striker Dean Ashton is a fan.

He told SunSport: "I understand rebrands can sometimes upset fans – but this is the type of club that will embrace this. Anything that helps the club is big, and having a brand such as Compare the Market is really good.

"Fan engagement and investment are vital for clubs like Crewe.

"And this is a bit of fun. I love the new badge, it's hilarious."

But Crewe fans have no need to fret. It is just a week-long PR stunt for the new season – and their badge and original name will be reinstated.

Simples!

CARABAO CUP

SECOND-ROUND DRAW

NORTHERN SECTION	SOUTHERN SECTION
Stoke v Hull	Walsall v Leyton Orient
Newcastle v West Brom	Ipswich v Leicester
Blackburn v Sheff Utd	Cardiff v Norwich
Nottm Forest v Leeds	Stevenage v Reading
Doncaster v Middlesbrough	Cambridge v Millwall
Barnsley v Crewe	Birmingham v Brentford
Preston v Everton	Southampton v West Ham
Blackpool v Lincoln	Watford v Peterborough
Sheff Wed v Wolves	Fulham v Wimbledon
Bradford v Burnley	Plymouth v Coventry
Fleetwood v Shrewsbury	Chelsea v Luton
	Tottenham v Charlton

(Ties to be played w/c August 24)

Alex's Ex suffers a late Hartbreak

By MATT BAMSEY

ALEX HARTRIDGE'S injury-time goal silenced the haters as he got the last laugh on former club Exeter.

The Plymouth defender was taunted by away fans but broke the deadlock by heading in a 92nd-minute Harvey White corner.

Bim Pepple struck two minutes later to seal a second-round tie against Prem side Coventry.

Pilgrims boss Tom Cleverley said: "Alex got a bit of stick that was close to the bone and that probably added fuel to the fire. Alex has been Mr Consistent here and what a moment for him."

Plymouth probed but keeper Jack Bycroft denied Ronan Curtis, Pepple and Will Evans.

Harry Kite gifted Evans a glorious opening but he blazed his effort over.

Exeter sub Ethan Sutherland, loaned from Wolves yesterday, was sent off for a second yellow card on 87 minutes – and Argyle made them pay.

Grecians chief Matt Taylor moaned: "It was a painful end."

Plymouth.....2
Exeter.....0

Villa eye Pal

JOAO PALHINHA is open to leaving Bayern Munich and joining Aston Villa on loan.

Newcastle are also keen on the Portugal midfielder *(right)*, 31, who spent last season at Tottenham.

Toon wanted to sign Pierre-Emile Hojbjerg but the 31-year-old Dane would prefer to stay at Marseille.

Vardy's in Irons fire

By SIMON COLLINGS

WEST HAM are considering a shock move for Jamie Vardy if they cannot snap up Ireland star Troy Parrott.

Ex-Leicester Premier League winner Vardy *(below)*, 39, is a free agent after his contract with Italian side Cremonese expired.

The Irons are in the market for a No9 as they look to bolster their attack ahead of life in the Championship.

Former Tottenham striker Parrott is firmly in their sights after he scored 31 goals for AZ Alkmaar last season.

The Dutch side expect him to leave in this window, with Ajax, Fulham, Porto and Real Betis also in the hunt.

Parrott, 24, has impressed during his time in Holland, having joined AZ two years ago from Spurs for £6.7million.

West Ham are also tracking in-demand Sunderland striker Wilson Isidor, 25 – but the Black Cats do not want to sell.

NEWS TICKER

WREXHAM agreed an £8million deal for Sunderland goalkeeper Anthony Patterson.

The 26-year-old boyhood Black Cat, who spent last season on loan at Millwall, is heading to North Wales for a medical.

RANGERS have won the race for £7million PSV Eindhoven winger Couhaib Driouech.

The Moroccan is set to pen a four-year deal to boost Derek McInnes' beleaguered squad.

Gers have beaten competition from Celta Vigo and Burnley for the 24-year-old.

MANCHESTER CITY starlet Divin Mubama will join Championship side Southampton on loan.

The winger, 21, spent last season at Stoke and made 28 appearances during an injury-hit campaign in the second tier.

Nap time, Gab

By SIMON COLLINGS

NAPOLI want Arsenal striker Gabriel Jesus.

The Gunners are ready to cash in on Jesus, 29, as he is into the final 12 months of his deal and played just 14 Prem matches last season.

His £200,000-a-week wages could be a stumbling block, however.

Arsenal midfielder Reiss Nelson, 26, is a West Ham target and Hamburg want Fabio Vieira, 26, permanently after his loan last season.

PREM

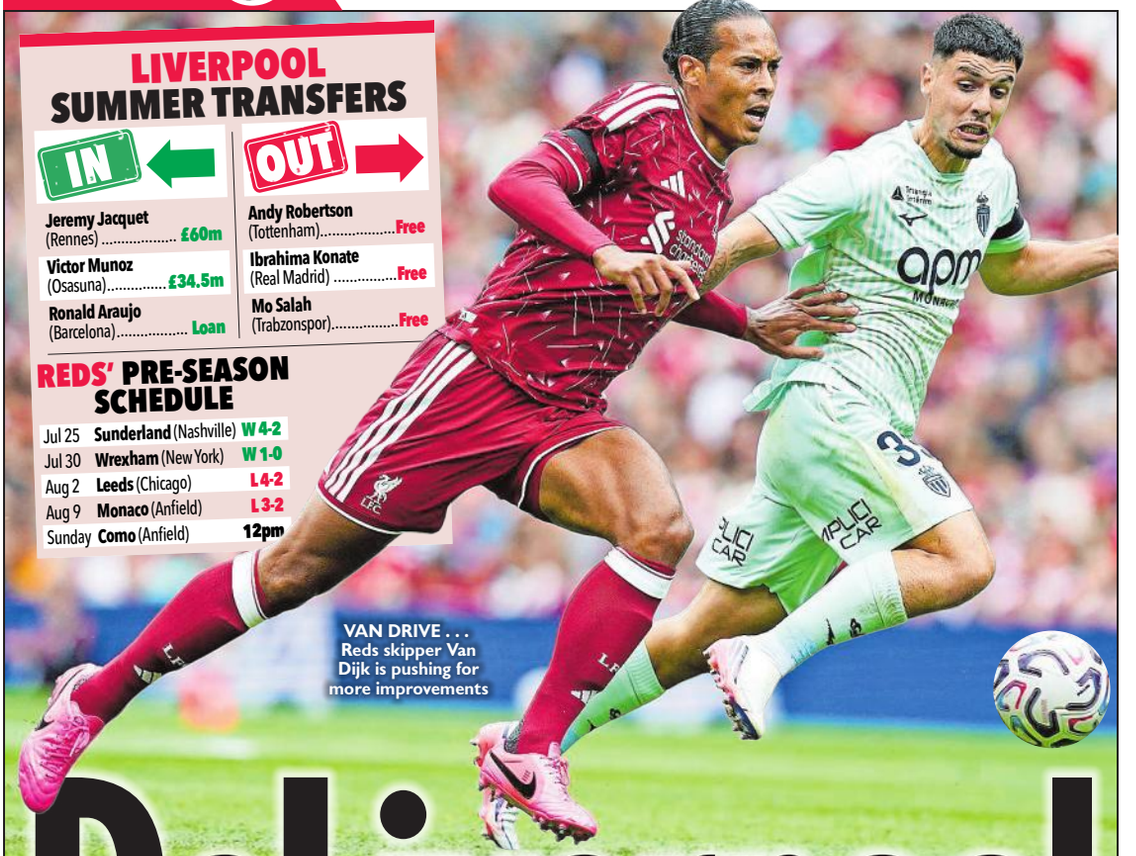
FULL PACKAGE

LIVERPOOL SUMMER TRANSFERS

IN		OUT	
Jeremy Jacquet (Rennes)	£60m	Andy Robertson (Tottenham)	Free
Victor Munoz (Osasuna)	£34.5m	Ibrahima Konate (Real Madrid)	Free
Ronald Araujo (Barcelona)	Loan	Mo Salah (Trabzonspor)	Free

REDS' PRE-SEASON SCHEDULE

Jul 25	Sunderland (Nashville)	W	4-2
Jul 30	Wrexham (New York)	W	1-0
Aug 2	Leeds (Chicago)	L	4-2
Aug 9	Monaco (Anfield)	L	3-2
Sunday	Como (Anfield)		12pm



VAN DRIVE . . . Reds skipper Van Dijk is pushing for more improvements

DeLiverpool

AMAZON CHIEF'S £1.5BN KOP KITTY BOOST AS VAN EYES QUALITY DEALS

By KEN LAWRENCE

AMAZON magnate Jeff Bezos is on course to deliver Liverpool a major boost by completing a £1.5BILLION investment.

Bezos' consortium is close to finalising a deal to buy around a third of the Anfield club from Reds owners Fenway Sports Group.

And his business expertise should see Liverpool's revenues increase further – meaning even bigger transfer sprees down the line.

Virgil van Dijk yesterday admitted his side need to sign more quality as Barcelona captain Ronald Araujo arrived on loan to bolster new boss Andoni Iraola's defence.

The Reds have so far spent just £34.5million on Spanish winger Victor Munoz from Osasuna, with defender Jeremy Jacquet arriving from Rennes in a £60m deal that was struck in January.

It has been a conservative summer in comparison to the previous one where the club lavished an incredible £452.5m on new players – including £130m on a British transfer record deal for Alexander Isak.

Hinting that Liverpool's squad needs upgrading, skipper Van Dijk, 35, said: "Any quality we can add to the team will definitely be welcome."

Bezos *(right)* has an estimated net worth of around **£192BN** after founding e-commerce giant Amazon.

He is part of a consortium led by British-Indian businessman Amit Bhatia, which includes Facebook co-founder Eduardo Saverin.

If the consortium can help drive up revenues – from a club-record £703m – then it will allow the Reds to splash even more cash under Uefa and the Premier League Squad Cost Ratio rules.

Prem clubs can spend 85 per cent of their revenue on football-related salaries, though that is restricted to 70 per cent for clubs in Europe.

Liverpool CEO Billy Hogan has already confirmed that the club are considering a partial sell-up.

FSG – principally owned by John Henry – paid £300m to buy the Reds in 2010 and have only sold off around four per cent of the club, to global sports investment firm Dynasty Equity in 2023.

A deal to sell around one third of the club for £1.5bn would value Liverpool at a staggering £4.5bn.

Hogan said: "John Henry has been very up front about the fact that if there ever was an opportunity for investment that would help the club, then they would seriously consider it.

"In this case, a consortium led, managed and represented by Amit Bhatia has come forward to make a minority investment in the club."

FSG declined to comment on whether a deal is close to completion but, with progress understood to have been made, the news will excite Spanish boss Iraola.

One priority has been to replace Mo Salah, who left this summer and joined Trabzonspor on a free transfer.

Liverpool want to sign more superstars – although talks have stalled over a bid for Paris Saint-Germain's Bradley Barcola, with the Reds well short of the Champions League holders' £128m valuation of the French winger, 23.

Bournemouth midfielder Alex Scott is another target but FSG have baulked at the £80m asking fee set by Iraola's former club.

But Iraola has also complained that he is desperately short of experienced defenders – and Barcelona's Araujo, 27, last night completed a season-long loan which Liverpool have an option to make permanent for £47.1m.

Uruguayan Araujo, who will wear the No33 shirt, said: "Without a shadow of a doubt, the aim is to win trophies.

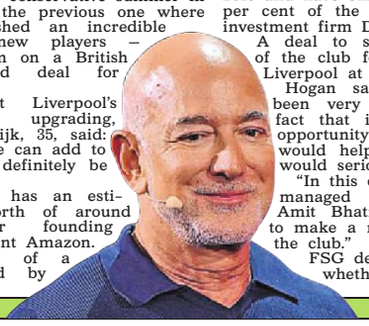
"We need to be battling it out on all fronts. You aim high at a club like this – that's what we'll all be doing.

"It was the ideal move for me at this stage in my career, a move that was necessary for me to take.

"My attributes will suit this league down to the ground. The style of play in the English league should be perfect for my qualities as a player.

"We all know what a great player Virgil is. He's a real reference point for the team and he's a kind of role model and reference for me personally as well.

"I am excited to have that opportunity and will enjoy learning from him and playing alongside him."



PREM GUNNS BLAZING

YOU MUST BE GYOKING!

Ace Viktor is not amused by 'friendly' tag for Shield showdown

By SIMON COLLINGS

VIKTOR GYOKERES is baffled by talk of the Community Shield being a glorified friendly.

The Swede was taken aback when a reporter suggested little was riding on Arsenal's showdown with Manchester City in Cardiff on Sunday.

Striker Gyokeres, 28, replied: "What, treat it – against City – as a friendly?

"What do you mean?

"I don't know what other people think, but of course we want to win that game, for sure. There's no question about that."

You can hardly blame Gyokeres for his response given the way in which similar games are viewed in mainland Europe.

The last four Spanish Super Cups have been showdowns between Barcelona and Real Madrid – which is never a friendly.

Italy's version saw Milan's two giants AC and Inter go head to head last year.

That was part of a four-team tournament, including a two-legged semi-final, held in Saudi Arabia during the middle of the season.

It is the same in Spain, so the idea of it being a tune-up for the new season just does not fly.

Indeed, Xabi Alonso was sacked by Real Madrid in January less than 24 hours after losing last season's Spanish Super Cup to Barcelona.

It was the final nail in the new Chelsea manager's coffin during a torrid eight-month tenure at the Bernabeu.

New City boss Enzo Maresca and Arsenal's Mikel Arteta will not have their job prospects affected by the clash in the Welsh capital.

But as Gyokeres underlined in the wake of the Gunners' actual friendly with Borussia Dortmund last weekend, neither will they take Sunday's game lightly.

Gunners boss Arteta has always stressed how much value he places on the traditional curtain-raiser to the English season.

The Spaniard was particularly bullish ahead of the 2023 game when Arsenal were looking to bounce back from a campaign in which they crumbled in the title race.

The Gunners were eight points clear of City at the start of April only to finish second following a dramatic collapse.

Arteta targeted that August's Community Shield meeting with City as a moment to lay down a marker.

He said: "The Community Shield is a trophy. When there is a trophy on the table, you want to win."

After Arsenal's 4-1 penalty shootout victory, following a 1-1 draw, their goalkeeper at the time Aaron Ramsdale hailed a "statement victory".

He claimed the "mental block is gone" when it came to competing against City, who had routinely battered the Gunners during the Pep Guardiola era.

Sunday marks the start of a new rivalry after Maresca replaced Guardiola at the Etihad this summer.

The Italian has the biggest shoes in football to fill since Sir Alex Ferguson left Manchester United – and what better start could he have than beating the reigning champions?

Arteta, too, will be wary about beginning Arsenal's title defence on the back foot.

Preparations have already been hampered by players returning late from the World Cup and their two friendly defeats last week saw them concede six goals.

Another defeat this weekend would make the alarm bells ring louder.

PREVIOUS SHIELD CLASHES V MAN CITY

Nov 28, 1934	Aug 10, 2014	Aug 6, 2023
ARSENAL..... (2) 4	ARSENAL .....(2) 3	ARSENAL..... (0) 1
Birkett, Marshall, Drake, Bastin	Cazorla 21, Ramsey 42, Giroud 60	Trossard 90+11
MAN CITY..... (0) 0	MAN CITY.....(0) 0	MAN CITY..... (0) 1
(Highbury) Att: 10,888	(Wembley) Att: 71,523	Palmer 77
		(Wembley) Att: 81,145

(Arsenal won 4-1 on pens)

VIK-TORY TARGET . . . Gyokeres will be holding nothing back in Cardiff

EMERY . . . dreaming

Em feels Super for Luis clash

PSG v Aston Villa

Super Cup, tomorrow, 8pm, TNT Sports 1 and talkSPORT

By SIMON COLLINGS

UNAI EMERY is dreaming of winning the Champions League in a "new era" at Aston Villa.

The Villans secured a spot at Europe's top table this season after thumping Freiburg 3-0 in the Europa League final in May.

Key players Lucas Digne, Morgan Rogers and Youri Tielemans have all left since then — but Emery is bullish about the future.

Ahead of tomorrow's meeting with Paris Saint-Germain in the Super Cup, the Spaniard said: "I feel like the club is in a new era, with this possibility to fight for trophies.

"Clearly, winning the Champions League is a dream.

"So, at Aston Villa, we'll try to be a competitive team, a team that is renowned, that's closer to winning than losing, and that's back in contention.

"To play the Super Cup is another opportunity to be there, the opportunity to win a trophy, to play against Paris Saint-Germain — the best team in the world now and another team we can compare ourselves with."

Winning the Champions League is a dream – UNAI EMERY

Tomorrow's showdown in Salzburg will be the fourth Super Cup clash of Emery's career after he got there twice with Sevilla and once with Villarreal.

The 2015 loss came at the hands of current PSG chief Luis Enrique, who was Barcelona boss at the time. And Emery is excited for a rematch.

He said: "It's a great challenge to face the best coaches in the world. They motivate me a lot, I want to fight to beat them."

Enrique has established himself as the world's best coach at PSG — with his side eyeing a third Champions League title on the spin.

Enrique said: "I don't think there is any team in Europe more motivated than us."

MAGUIRE . . . old pal

Tiel deal for Harry

By KATHERINE WALSH

HARRY MAGUIRE expects midfielder Youri Tielemans to be a major force at Manchester United.

Old Trafford chiefs triggered a £35million release clause to sign the 29-year-old Belgian from Aston Villa last month.

Maguire, 33, said: "He's going to be a big player here. He's a top man.

"I played with him for a few months at Leicester, so I know his ability.

"He is at an age where I'm sure he's not going to need to settle in."

Tielemans came on for fellow new signing Andrey Santos, 22, in Saturday's 1-1 draw with Paris Saint-Germain in Sweden.

On Santos, Maguire added: "You can really feel his presence already."

United face Leeds in a Dublin friendly tomorrow.

PREM COUNTDOWN

10 DAYS TO GO

PIERRE SAGE *(below)* will be the **10th** Frenchman to manage in the Premier League — and the second at Crystal Palace — after Patrick Vieira (2021-23).

Vieira won 22 out of 74 games in charge of the Eagles, a 30 per cent win rate.

VDV new contract

MICKY VAN DE VEN has signed a new five-year contract at Spurs.

The Dutch defender, 25, had three years to run on his old deal — yet he was previously tracked by Liverpool and seems to be impressed with his North London employers' ambition this summer.

Van de Ven, who joined from Wolfsburg three years ago for £43m, said: "I've always loved Spurs, from the first day I stepped in here.

"It's clear the direction the club wants to go in and I want to be a part of it. I'm excited about what's to come."

Spurs winger WILSON ODOBERT, 21, is stepping up rehab from February's ruptured ACL and he yesterday teased a picture on Instagram of himself wearing his boots.

CEFERIN . . . open letter

CHIEF

From Back Page

him with authority, that duty has been abandoned.

"Leadership in football is not a possession. It is not about holding power.

"It is a duty of service."

The letter from Aleksander Ceferin, Victor Montagliani and Sheikh Salman Bin Ibrahim Al Khalifa — the respective presidents of Uefa, Concacaf and AFC — was published yesterday.

It argued how Infantino's proposals to sell off shares in the World Cup to private investors was "a fundamental breach of trust with the very institutions Fifa exists to serve".

The confederations have called for Infantino to step down.

He is due to seek re-election in March for a fourth term but opponents want him out before then.

The letter added: "It is not the conduct of a custodian of the game but of one who believes the game is answerable to him.

"There is silence where there should be accountability, distance where there should be openness.

"These are not the qualities football deserves in its leadership.

"That is why we have taken this stance — not lightly and not alone, but together, and out of duty to the game we serve."

Fifa released their own statement on Saturday, defending "democratically elected" Infantino.

They added: "Fifa welcomes legitimate scrutiny. But scrutiny is not a licence to distort facts, amplify unsubstantiated allegations or manufacture distractions designed to undermine progress."

Mari legal for Eagle

By GRAHAM HILL

EVANGELOS MARINAKIS is suing Crystal Palace over a banner displayed at Selhurst Park last season.

The Nottingham Forest owner decided to act after he was depicted holding a gun to star man Morgan Gibbs-White's head.

It was displayed in the Holmesdale End last August after Gibbs-White's move to Spurs broke down and he signed a new contract with Forest instead.

CPFC Limited is listed as one of two defendants after Marinakis' lawyers lodged a defamation claim in the High Court.

It read: "Mr Marinakis is not involved in blackmail, match-fixing, drug trafficking or corruption."

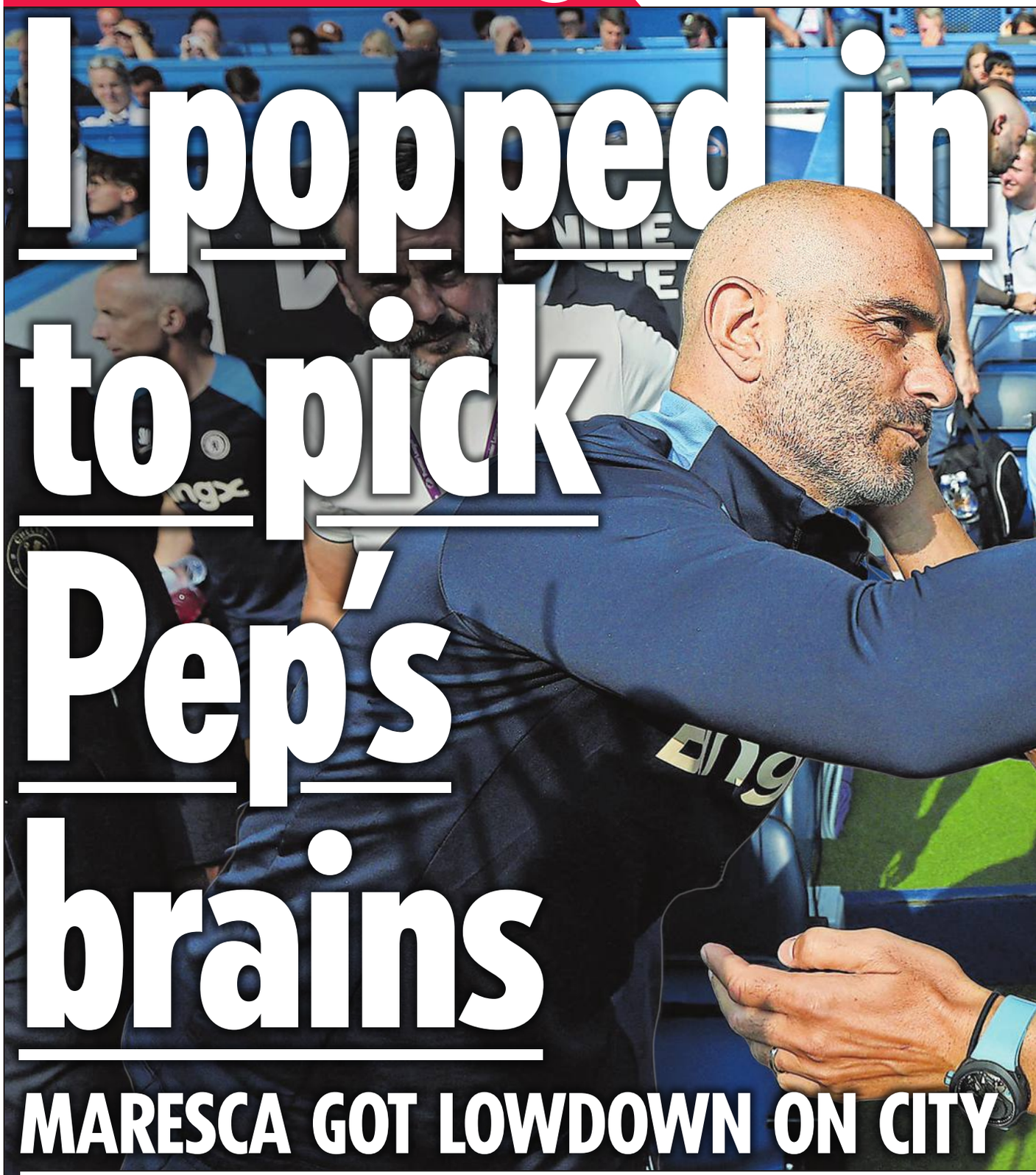
Palace were charged by the FA over the banner last November.

There has been bad feeling since Forest took Palace's Europa League spot last term after Eagles fell foul of Uefa multi-club ownership rules.

PREMIER LEAGUE

ENZO'S

I popped in to pick Pep's brains



MARESCA GOT LOWDOWN ON CITY

ENZO MARESCA stopped off in Barcelona as he made his way from his family home in Italy to his new place in Manchester last month.

From **MARTIN BLACKBURN** in SEOUL

There, he spent a few hours chatting and picking the brains of his old boss Pep Guardiola in the Spanish sunshine.

Maresca has come to the Etihad determined to be his own man as he tackles the 'impossible job' of taking over from one of the all-time greats.

In some ways, he wanted to arrive in the North West with an 'empty' mind — to see things clearly with his own eyes. But when your predecessor has just completed one of the most incredible eras in English football history and he happens to be a close personal friend, why would you not use him?

So the two old pals spent some time chatting about the new-look Manchester City squad that Guardiola has assembled over the past couple of seasons.

What kind of characters are they? How do they react when they are left out? Who are the good guys in the squad? And which players have lost their way in recent seasons?

Maresca found it invaluable as he settles into his new role — but does not plan to bother Guardiola very often as he enjoys some downtime.

The Etihad boss said: "Our meeting was in Barcelona. It was a day before I came here. I went from where I live to Barcelona and then to Manchester.

"We spent some hours together. We had planned before the season finished here to spend some time in the summer holidays together.

"He was here for ten years, so it was useful for me. I like to go in empty sometimes to see things for myself — but he was here so long, he has his opinions.

"But also you have to arrive and see things for yourself, see all the picture."

Maresca has already changed things around at the City Football Academy — moving himself into the office previously occupied by the assistant.

Meanwhile, Guardiola's old office from the past ten years has been turned into a meeting room as the new guy looks to put his own stamp on things.

While Guardiola famously lived in the city centre, Maresca will move his wife and four children into the

FLYING VISIT TO PAL

TREBLE ROUSERS 2023

Pep's record with Maresca as assistant manager in 2022-23

	Games	Win rate	Position
Premier League	38	74%	Winners
FA Cup	6	100%	Winners
Champions League	13	62%	Winners
League Cup	3	67%	Qtr-finals
Community Shield	1	0%	Lost v Liverpool
TOTAL	61	72%	

HAND, GESTURE . . . Maresca takes training as City boss and (left) embraces pal Guardiola while Chelsea chief

SQUAD IN MEETING WITH GUARDIOLA

Cheshire countryside. Yet the man who was nicknamed 'Diet Pep' not long ago knows comparisons are inevitable.

He was relaxed and all smiles as he met with the media at City's team hotel in Seoul during their three-match Far East tour.

The Italian, 46, said: "It's something that I know – after ten games, if we've got ten points, 20 points, 30 points, people will be comparing it to Pep after ten games.

"But it is what it is. It doesn't put pressure on me.

"I said many times while I was at Leicester or Chelsea, he's the best manager in the world over the last 15 or 20 years. When he started in Spain, everyone wanted to play like Barcelona. He moved to Germany and everyone wanted to play like Bayern. He comes to England and everyone wants to play like City.

"Someone asked me if it's the impossible job to follow him? Maybe, but at the same time it's a privilege."

Maresca has been assured by Guardiola their friendship will not be affected – even if the new man has a few words to say in public about what he has inherited.

He also knows he can pick up the phone at any time – but has promised he will try to use the option sparingly. The ex-Leicester boss said: "He will be there but he has to enjoy his holiday. He has to relax so the idea is not to be calling him all the time.

"You have to decide which moments are the right time to pick up the phone and talk to him.

"Ever since I was here the first time with the EDS [elite development squad], the relationship has been very good and that will not change."

City fans are still getting used to the idea of talking about Guardiola in the past tense after ten incredible years with him at the helm.

They won 17 major trophies and three Community Shields in that time and it is an era of English football that will be talked about for many years to come. Maresca knows all about it – having twice been a part of it – and says City fans have grown used to moving on.

He said: "We've lost Bernardo Silva, Nathan Ake and John Stones. Rodri has been here for a lot of years, too. They are players who were here for many years.

"But at the end there is always a changeover of generation.

"I still remember when David Silva was here – and everyone was worried but Kevin De Bruyne stepped up. Fernandinho left, Rodri came in.

"Then there was Kun Aguero. People were worried but Erling arrived. It's normal that there's change."

DIAS . . . instructions

SKIP

From Back Page

first players to contact the Italian after he was confirmed as successor to his old boss, Pep Guardiola.

Haaland — who returns for pre-season training tomorrow ahead of Sunday's Community Shield clash with Arsenal — is on City's captaincy committee at the Etihad.

The system was on show during the three-match Far East tour, which included Sunday's 3-1 win against Atletico Madrid after victory over the K-League All-Stars by the same scoreline four days earlier.

Maresca added: "If you saw the game on Wednesday, when we scored the first goal, Ruben came over to the bench.

"Even if it is two or three minutes, there is always something to adjust."

Rodri, 30, is also on City's leadership team.

But a big question mark hangs over the future of Spain's World Cup-winning captain as Barcelona are in talks to sign him.

Maresca will make the appointments himself and plans to put at least one Englishman on the committee, with Phil Foden among the hopefuls.

The Italian said: "At the moment, we have three or four captains and we are missing one.

"In the case of Rodri, see what happens."

The former Leicester and Chelsea coach was Guardiola's No 2 during City's Treble-winning season of 2022-23.

Only a handful of players from that team are left following Pep's rebuild — but they were pleased to see Maresca back.

He said: "There is Phil, Ruben, Erling, Rodri and Rico Lewis from the Treble. Jack Grealish, too.

"And I was still in contact with them.

"The squad has completely changed. It's been very quick."

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TRUST ISSUE . . . Gianni Infantino is under fire from footy federations

THE GOALDEN BOOT . . . Erling Haaland won't be City's captain

You can't lead us!

FOOTY CHIEFS' JOINT ATTACK ON GIANNI

By SIMON COLLINGS

GIANNI INFANTINO has been savaged by football chiefs who have accused Fifa's president of breaking trust "through deception".

Supremos from Uefa, Concacaf and the Asian Football Confederation have written an open letter aimed at pushing Infantino to resign.

And they have begun preliminary talks about organising rival tournaments in the wake of Infantino's radical plans to sell off stakes in the World Cup.

Their open letter read: "When trust is broken through deception, when an individual places himself above the collective that entrusted

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ERLING SCORES TOO MANY TO BE ENZO'S SKIP

ENZO MARESCA told Erling Haaland he scores too many goals to be Manchester City captain.

Boss Maresca wants his new skipper to come over for instructions while the team celebrate finding the net.

And that rules out Haaland – who has rattled in 162 goals in four seasons with City.

Defender Ruben Dias, 29, is set to take over the armband from the departed Bernardo

From MARTIN BLACKBURN

Silva. Speaking here in Seoul, Maresca said: "If Erling is captain, we have a problem. F***ing hell, can you imagine?

"At Leicester and Chelsea, I had a rule. When we scored, the captain had to come to the bench, not to celebrate but for instructions. But if he scores, then he can celebrate."

Norway's World Cup striker Haaland, 26, was one of the

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Picture: SNSM

Top Tiff all teed up

SIR MARK PRESCOTT is dreaming big with Tiffany after her Group 1 heroics in Germany.

The high-class mare bagged the Grosser Preis von Berlin on Sunday, and now her trainer is eyeing some much more lucrative prizes.

Prescott (*right*) famously won the Prix de l'Arc de Triomphe with Alpinista in 2022, and he is plotting a return to Paris with Tiffany, before a possible crack at the Breeders' Cup. He said: "She is a wonderful mare and she deserved to get her Group 1, which takes the pressure off now.

"The racing manager for her owners said to me 'you can do what you like now'.

"We could get brave and think about the Breeders' Cup and the Arc, we might as well be brave because she's done all the rest."

By JACK KEENE

ROG'S KEEN TO AVA GO

EXCITING Goodwood maiden winner Avalon Queen will head for either the Group 3 Prestige Stakes back on the Sussex Downs or the Group 2 May Hill Stakes at Doncaster before being put away for a three-year-old campaign by trainer Roger Teal.

Shoe's Maq attack

KIERAN SHOEMARK is keen to have a crack at the two big guns in next week's Juddmonte International.

The jockey will get back on board Almaqam (*right*) at York a week tomorrow for a mouthwatering showdown with Ombudsman and Constitution River.

The five-year-old gave Shoemark and trainer Ed Walker their greatest day together when winning the Tattersalls Gold Cup in May and his rider reckons there is more to come.

Shoemark said: "I always thought he was going to improve for his Tattersalls Gold Cup win.

"He ran a very creditable race behind Ombudsman at Royal Ascot and he's in good form. I'm looking forward to getting on him and giving it a go at York."

By JACK KEENE

THE HOME OF RACING Favourite

Tuesday, August 11, 2026

in association with William HILL

HILL TO PLAY FOR . . . Constitution Hill has a return to Kempton for the September Stakes as Plan B; Nicky Henderson (*right*) is on weather watch for his stable star

Con diversion

KEMPTON PLAN B FOR NICKY'S STAR

By JACK KEENE

THE ongoing drought has forced Nicky Henderson to come up with a Plan B for superstar Constitution Hill.

The nine-year-old has been off since preserving his unbeaten record on the Flat at Kempton in March – and he could be on his way back there soon.

With another heatwave and no rain in the forecast it is looking increasingly unlikely the horse will return at Windsor on August 29, as Hendo had hoped.

The trainer has said from the start of Constitution Hill's switch from the jumps that he will not run the former champion hurdler on fast ground.

So the Group 3 September Stakes at Kempton is now his back-up option – though the week-long delay would all but rule out a crack at the Irish St Leger on September 13.

Hendo said: "The weather is a big worry at the moment, not just for him but for everyone. We desperately need some rain.

"The plan is still to go to Windsor, but it is still looking very hot and very dry and we won't run him on fast ground.

"Luckily we have the September

Turn to Page 4

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TEMPLEGATE	TOM PEPPER
5.45. Time For The Moon	5.45. Time For The Moon
6.15 Jeyoush	6.15 Baddaddan
6.45 Free World	6.45 Hope Rising
7.15 Midnight Media	7.15 Midnight Media
7.45 Grandlad	7.45 Moulin Booj
8.15 Sugar Sugar	8.15 Melissa Honey

■TIC-TAC: Left-handed oval track of 1m 4f, straight 6f course, flat with easy turns. ■DRAW: High best in 5f & 6f races. ■LEADING TRAINERS WITH RUNNERS (2021-2026): R Beckett 23-104, E Bethell 12-52, S & E Crisford 9-55, W Muir & C Grassick 8-36. THIS SEASON: R Beckett 3, J Portman 3, S & E Crisford 2. ■TOP JOCKEYS WITH RIDES (2021-2026): R Hornby 23-117, James Doyle 22-77, H Crouch 14-86, T Marquand 14-88. THIS SEASON: M Ghiani 4, R Hornby 4, T Marquand 3. ■LONGEST TRAVELLER: Blessed Voyager (6.15) trained at Kimpton Down. Round trip of 338 miles. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON RACING TV

GOING: GOOD TO FIRM (GOOD)

5.45 DOWNLOAD THE ODDSCHECKER APP NURSERY (Class 4); 2-y-o; winner £4,123; 1m. (2 runners)

1 (1) 3100 **TIME FOR THE MOON 18** C Johnston 9-5 ...... **Callum Shepherd 96**
2 (2) 32 **APULIA BAY 14 (BF)** S & E Crisford 9-4 ...... **James Doyle ●99**

BETTING: 1-3 Apulia Bay, 5-2 Time For The Moon
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

6.15 BET SMARTER WITH ODDSCHECKER+ NOVICE STAKES (4); 2-y-o; winner £5,400; 6f. (3 runners)

1 (2) 12 **BLESSED VOYAGER 18 (BF)** R Beckett 9-11 ...... **Hector Crouch ●99**
2 (3) 4 **BADDADDAN 24** R Spencer 9-4 ...... **George Wood 90**
3 (1) **JEYOUSH (T★)** S & E Crisford 9-4 ...... **James Doyle —**

BETTING: 4-5 Blessed Voyager, 3 Jeyoush, 10-3 Baddaddan
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

6.45 GET BEST ODDS WITH ODDSCHECKER APPRENTICE HANDICAP (6); winner £3,402; 2m. (6 runners)

1 (1) /9-0941 **FREE WORLD 7 (D)** I Williams 5-10-6(5ex) ...... **Tom Kiely-Marshall (3) ●99**
2 (3) 6442 **JOANNA HIFFERNAN 28** O Burrows 4-10-2 ...... **Jack Callan 97**
3 (4) 7660/41 **HOPE RISING 7** J Snowden 5-10-1(5ex) ...... **Harry Vigors (3) 98**
4 (5) -600423 **SIMIYANN 12 (B;D)** I Williams 6-9-12 ...... **Ryan Kavanagh 95**
5 (6) 4-25343 **ZOOTER J16** J Jones 3-9-6 ...... **Connor Planas 94**
6 (2) 557-605 **ASSURED 27** T Gretton 5-9-3 ...... **Warren Fentiman 86**

BETTING: 6-5 Free World, 9-4 Hope Rising, 9-2 Joanna Hiffernan, 10 Zooter, 12 Simiyann, 66 Assured
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

7.15 ODDSCHECKER FREE BETS HANDICAP (6); value to the winner £3,402; 1m 2f. (8 runners)

1 (7) 7534513 **BEAUTY GENERATION 21 (CD)** R Burdon 5-9-10 **Callum Shepherd ●99**
2 (5) 3313694 **DARETOBEDIFFERENT 9 (C)** D Donovan 3-9-9 ...... **Marco Ghiani 95**
3 (6) 656 **DIANE CHASSERESSE 29** O Burrows 3-9-7 ...... **Callum Rodriguez 94**
4 (1) 4221183 **BRADBURY 16 (E;D)** E Bethell 3-9-8 ...... **Jack Callan 97**
5 (8) 2352309 **TOMMO'S GINJANINJA 57** M & D Easterby 3-9-6 ...... **Joanna Mason 90**
6 (3) 360646 **THE ANTHONY GOVER 33 (P★)** D Newland 3-9-5 ...... **Jack Doughty 89**
7 (4) 5949212 **MIDNIGHT MEDIA 18 (BF)** W Muir & C Grassick 3-9-4 ...... **Tom Marquand 98**
8 (2) -640024 **KATALYST 15 (B)** W Muir & C Grassick 3-9-4 ...... **Ryan Kavanagh (3) 94**

BETTING: 11-4 Beauty Generation, 4 Diane Chasseresse, 9-2 Midnight Media, 13-2 Bradbury, 7 Katalyst, 8 Daretobedifferent, 12 The Anthony Gover, Tommo's Ginjaninja
WHERE FAVOURITES FINISHED: 3 4-5 2
2025: Nightsinwhitesatin 3-9-9 Callum Rodriguez 3-1 (E Bethell) drawn 1, 8 ran.

7.45 ODDSCHECKER+ SUBSCRIPTION SERVICE HCAP (4) winner £5,154; 5f (7 runners)

1 256718 **MICHAELA'S BOY 36 (P★;D)**
(6) R Cowell 6-10-0 ...... **Marco Ghiani** 94
Runs: 46 Wins: 7 (F,5A,G) Places: 8 £105,413
Yarmouth win reads well, stinker latest, cheekpieces on, inconsistent

2 663252 **MOULIN BOOJ 10 (D)**
(4) G Scott 6-9-8 ...... **Tom Marquand** 97
Runs: 45 Wins: 6 (3F,3A) Places: 13 £86,564
Knocking at door for while now, player with best, found good opening

3 0416-9 **FORAGER 81 (D)**
(7) S Pearce 4-9-8 ...... **David Probert** 89
Runs: 17 Wins: 4 (3F,A) Places: 2 £32,754
Poor return, entitled to kick on now but has to, best comes at Lingers

4 841400 **MESAAFI 15 (B;D)**
(5) R Burdon 5-9-7 ...... **Callum Shepherd** 92
Runs: 32 Wins: 4 (F,3A) Places: 10 £68,366
Much better expected last twice, questions to answer now, risky bet

5 84-167 **GRANDLAD 17 (CD)**
(1) J Horton 5-9-7 ...... **Kaiya Fraser** 98
Runs: 25 Wins: 6 (F,A,4G) Places: 3 £68,886
Same mark as win here in April, return to that and big player, but an if

6 85-384 **GOYARD 16 (D)**
(2) D O'Meara 4-9-6 ...... **Callum Rodriguez ●99**
Runs: 8 Wins: 2 (S,G) Places: 2 £13,655
Too bad to be true at Ponte, drops back to 5f, return to form and a threat

7 946178 **JAX EDGE 29 (D)**
(3) C Mason 6-9-4 ...... **Gina Mangan** 90
Runs: 38 Wins: 9 (2F,S,2A,GS,3G) Places: 7 £56,089
Didn't land a blow at Windsor last time, has to get back on track

BETTING: 9-4 Moulin Booj, 9-2 Goyard, Michaela's Boy, 11-2 Grandlad, Jax Edge, 10 Mesaafi, 12 Forager
WHERE FAVES FINISHED & 2025: No corresponding race.

Sunracing FORM

MICHAELA'S BOY (10-4) 6-1 midfield, pushed along and outpaced 1f out, soon weakened, last of 8 (btn 9l) to Law Of Average (9-12) (Lingfield 5f hcap (4) £5,339 AW).
MOULIN BOOJ (10-1) 5-1 rear mid-division, improved 1f out and pushed along, edged left final furlong, not trouble winner, 1l by Accrual (9-9) (12 ran) (Thirsk 5f hcap (4) £6,281 good).
FORAGER (9-3) 28-1 led, ridden and headed 2f out, weakened, 9th of 10 (6¾l) to Seven Questions (9-7) (Goodwood 5f hcap (3) £10,468 good).
MESAAFI (9-5) 8-1 midfield, shaken up and headway 2f out, ridden and no clear run 1f out, eased, 11th of 13 (9¼l) to Another Abbot (9-10) (Windsor 6f hcap (3) £10,800 good to firm).
GRANDLAD (9-11) 11-1 prominent, pushed along and disputed lead inside final furlong, weakened inside final 110yds, faded towards finish, 7th of 11 (btn 2l) to Aces Wild (9-1) (Chester 5f hcap (4) £7,731 good).
GOYARD (9-10) 4-1 led, pushed along and headed over 1f out, weakened tamely, last of 4 (well btn) to The Good Biscuit (9-7) (Pontefract 6f hcap (4) £5,234 good to firm).
JAX EDGE (9-7) 9-1 chased leaders, not much room over 2f out, lost place and not much room entering final furlong, 8th of 12 (btn 8¾l) to Under The Twilight (9-7) (Windsor 6f hcap (4) £5,653 good to firm).

8.15 ODDSCHECKER FILLIES' HANDICAP (5); value to the winner £4,458; 6f. (6 runners)

1 (6) 4633459 **COME ON EIBHLIN 13 (B;D)** D Cunha 3-9-9 ...... **Jack Callan 93**
2 (4) 9321 **SUGAR SUGAR 12 (E;D)** J Channon 3-9-7 ...... **George Bass ●99**
3 (5) -213436 **SEEING STARS 19 (P★;BF)** W Knight 3-9-7 ...... **Marco Ghiani 92**
4 (1) 048 **SWEET DESIRE 58** Steph Hollinshead 4-9-7 ...... **George Wood 84**
5 (2) 5769692 **THUNDEROUS LOVE 17 (CD)** J Portman 5-9-6 ...... **Rob Hornby 95**
6 (3) 6431213 **MELISSA HONEY 13 (BF,D)** M Herrington 4-9-0 ...... **David Probert 98**

BETTING: 9-4 Sugar Sugar, 11-4 Thunderous Love, 4 Melissa Honey, 5 Seeing Stars, 15-2 Come On Eibhlin, 16 Sweet Desire
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

CARLISLE COLOURS

2.45 CUMMERSDALE APPRENTICE HANDICAP (Class 6); value to the winner £3,611; 1m. (8 runners)

1 (1) -497215 **HOSTILITY 38 (CD)** D O'Meara 4-10-2 ...... **Conor Whiteley (3) 96**
2 (3) 0051781 **BAY DREAM BELIEVER 24 (H)** M Walford 7-10-1 ... **Kyle McHugh (5) ●99**
3 (6) -480089 **IZZARI 17 (D)** I Jardine 5-10-0 ...... **Cara Tuke (7) 83**
4 (7) 3591227 **PERFIDIA 14 (D)** T Easterby 4-9-13 ...... **Cian Horgan (3) 96**
5 (4) 4184342 **TEES GEORGE 13 (BF,D)** A Nicholls 6-9-11 ...... **Oliver Carmichael (5) 97**
6 (5) 9074877 **JEWEL MAKER 17 (CD)** T Easterby 11-9-6 ...... **Amie Waugh 87**
7 (2) 0875060 **RAJAWAIL 56 (B)** B Rothwell 6-8-11 ...... **Shay Farmer (3) 80**
8 (8) -043945 **BALANCE OF TRADE J25** G Rutherford 3-8-6 ...... **Alex Jary 90**

BETTING: 5-2 Bay Dream Believer, 3 Hostility, 10-3 Tees George, 7-2 Perfidia
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

3.15 NATIONAL RACEHORSE WEEK EBF FILLIES' NOVICE STAKES (3); 2-y-o; winner £7,020; 7f. (5 runners)

1 (1) 5 **GIRL SCOUT 99** K R Burke 9-2 ...... **Clifford Lee 96**
2 (3) **LIZZIE BENNET** K Ryan 9-2 ...... **Tom Eaves —**
3 (4) 42 **ROGUE PASSION 33 (BF)** E Bethell 9-2 ...... **Oisin Orr ●99**
4 (5) 6 **SHAQRA QUEEN 16** K R Burke 9-2 ...... **Sam James 88**
5 (2) 02 **SWEET IRIS 18** R & P Fahey 9-2 ...... **Cam Hardie 92**

BETTING: 6-4 Rogue Passion, 7-2 Girl Scout, 4 Lizzie Bennet, 5 Sweet Iris
WHERE FAVOURITES FINISHED: 1
2025: Ice Sovereigns 9-2 Callum Shepherd 4-6 Fav (C Johnston) drawn 5, 6 ran.

3.45 COLIN PARKER 1ST NOV NURSERY (5) 2YO; winner £5,496; 5f (7 runners)

1 42 **INFLUENCER MAN 24**
(5) A Keatley 9-9 ...... **Mikey Sheehy ●99**
Runs: 2 Places: 1 £3,336
Shaped nicely in two novices, should kick on in handicaps, player

2 7363 **BEAUTY FOR LOVE 25**
(1) C Johnston 9-5 ...... **Oisin Orr** 92
Runs: 4 £2,250
Held fair and square on handicap bow, needs more, not ruled out yet

3 633 **ONSLAUGHT 16 (B★)**
(3) R & P Fahey 9-4 ...... **Jack Garritty** 91
Runs: 3 £2,808
Yard still quiet, not set world alight in novices, blinkers on for hcap bow

4 62454 **JAZZ QUEEN 27**
(7) H Palmer 9-2 ...... **Jason Hart** 89
Runs: 5 Places: 1 £11,276
Nothing to shout about on hcap debut at Lingfield, needs more here

5 3217 **LAURALYNN 88 (D)**
(2) D Carroll 9-0 ...... **Zak Wheatley** 98
Runs: 4 Wins: 1 (A) Places: 2 £7,362
Listed was too much last time, mark could look generous, big threat

6 326622 **CONCERT PITCH 22**
(4) B Ellison 8-13 ...... **Ben Robinson** 93
Runs: 6 Places: 4 £10,096
Been busy already, belated handicap debut, market a good guide

7 459 **EXCESSIVE 19 (P★)**
(6) T Easterby 8-11 ...... **Duran Fentiman** 86
Runs: 3 £824
Yard not firing on all cylinders, cheekpieces on, hard to weigh up

BETTING: 15-8 Lauralynn, 4 Influencer Man, 11-2 Concert Pitch, 13-2 Onslaught, Beauty For Love, 8 Jazz Queen, 11 Excessive
WHERE FAVES FINISHED & 2025: No corresponding race.

Sunracing FORM

INFLUENCER MAN (9-4) 18-1 in last, ridden 2f out, kept on and headway final furlong, not reach ready winner, btn 1¼l by Quillan (9-11) (5 ran) (Ripon 5f nov stks (4) £5,757 good).
BEAUTY FOR LOVE (9-8) 13-2 led, asked for effort 1f out, headed 1f out, weakened final 110yds, 3rd of 5 (btn 3¾l) to Brandenburg (9-5) (Hamilton 6f hcap (5) £4,187 good to firm).
ONSLAUGHT (9-7) 13-2 rear, driven 1f out, never dangerous, 3rd of 6 (btn 3¼l) to Bolt Of Blue (9-7) (Pontefract 5f mdn (4) £5,757 good to firm).
JAZZ QUEEN (9-7) 15-2 led, headed after 1f, pushed along 2f out, weakened, 4th of 5 (btn 4¼l) to Knock Three Times (9-8) (Lingfield 6f hcap (5) £3,978 good to firm).
LAURALYNN (9-0) 80-1 prominent, driven 2f out, weakened 1f out, 7th of 10 (btn 8¾l) to Love A Giggle (9-0) (York 5f Listed (1) £39,697 good).
CONCERT PITCH (9-1) 14-1 led, ridden over 2f out, headed final furlong, soon outpaced, btn 4¼l by Kentucky Rain (8-13) (11 ran) (Beverley 5f mdn (5) £4,320 good to firm).
EXCESSIVE (9-4) 20-1 always raced in rear, never a factor, 9th of 12 (btn 11l) to Rlasthope (9-7) (Southwell 6f nov stks (5) £4,449 AW).

4.15 CHRISTMAS COMMUNITY DAY 13TH DEC HCAP (5) winner £4,187; 6f (9 runners)

1 565783 **JENEVER 21 (B;D)**
(2) J Macey 7-10-0 ...... **Jason Hart ●99**
Runs: 44 Wins: 7 (F,2A,2GS,2G) Places: 12 £77,379
Finished well last time, patchy profile but big threat with A-game

2 050855 **SIXTYGEESBABY 21 (V;BF,D)**
(5) D O'Meara 4-10-0 ...... **Mark Winn** 93
Runs: 14 Wins: 2 (F,G) Places: 1 £19,223
Backed into jolly at Notts out of blue, handy mark, running out of excuses

3 -23915 **STIRRUP CUP 55 (BF,CD)**
(8) T Easterby 4-10-0 ...... **Duran Fentiman** 97
Runs: 23 Wins: 3 (3S) Places: 6 £25,919
Won here in June, not as good latest, different ground today, player

4 -00222 **ANOTHER INVESTMENT 10 (BF,D)**
(3) N Tinkler 7-9-13 ...... **Alex Jary (3)** 94
Runs: 54 Wins: 3 (2F,G) Places: 13 £64,514
Solid form but not getting head in front which has always been issue

5 944391 **MALDEVIOUS 10 (D)**
(6) B Ellison 4-9-11 ...... **Ben Robinson** 93
Runs: 13 Wins: 1 (G) Places: 1 £8,179
Came good at Thirsk last time, has to back it up, not guaranteed to

6 871531 **GREAT 6 (CD)**
(9) S England 4-9-11(5lbex) **Jonathan England** 98
Runs: 17 Wins: 3 (3F) Places: 4 £19,713
Won well at Ponte when money was down, back out under penalty

7 752728 **PICKERSGILL 5 (D)**
(1) I Jardine 4-9-9 ...... **Mikey Sheehy** 89
Runs: 19 Wins: 2 (S,A) Places: 5 £26,429
Losing run stacking up, others look on better marks, e-way sniff best

8 -20458 **SHOWTOWN 41**
(4) K Ryan 3-9-4 ...... **Tom Eaves** 87
Runs: 9 Places: 3 £9,640
Handicapper helping but for a reason, had wind op, hard to trust

9 264397 **VALENTINE CATCHER 39 (D)**
(7) T Easterby 5-9-3 ...... **James Sullivan** 86
Runs: 22 Wins: 2 (S,F) Places: 4 £17,657
Basement mark now but little sign of cashing in, others more reliable

BETTING: 11-4 Another Investment, 4 Great, 9-2 Jenever, 5 Stirrup Cup, 10 Sixtygeesbaby, Pickersgill, 11 Maldevious, 16 Showtown
WHERE FAVOURITES FINISHED: 4
2025: Promise Time 3-9-3, A Jary 5-1 (N Tinkler), drw 3, 10 ran.

Sunracing FORM

JENEVER (9-11) 10-3 tracked leaders, ridden 2f out, challenged final 110yds, 3rd of 8 (btn hd) to Hoodie Hoo (9-13)
SIXTYGEESBABY (10-0) 5-2 fav led, headed 1f out, weakened final furlong, 5th (btn 3¼l) (Nottingham 6f hcap (5) £4,187 good to firm).
MALDEVIOUS (9-3) 17-2 prominent, pushed along 2f out, pressed winner over 1f out, kept on final furlong, 3rd of 8 (btn ½l) to Emperor's Son (9-7)
STIRRUP CUP (9-9) 5-2 fav held up in touch, headway 1f out, asked for effort, held late, 5th (btn 3¼l) (8 ran) (Hamilton 6f hcap (5) £4,187 good).
ANOTHER INVESTMENT (9-6) 2-1 jt fav held up, ridden 2f out, headway to chase winner final 110yds but always held towards finish, btn nk by Shazani (9-6) (8 ran) (Doncaster 6f hcap (5) £4,397 good to firm).
MALDEVIOUS (9-11) 15-2 pressed leader, pushed along and led 2f out, ridden 1f out and forged away, comfortably, bt Northcliff (9-13) 1¼l
GREAT (9-13) 7-2 in rear, headway 2f out and pushed along, ridden 1f out, kept on same pace, 3rd (btn 4l) (9 ran) (Thirsk 6f hcap (6) £3,140 good).
GREAT (9-9) 5-2 fav midfield, in touch with leaders final furlong, kept on and led finish, bt Spirit Of Applause (9-11) ¾l (9 ran) (Pontefract 5f hcap (5) £4,187 good to firm).
PICKERSGILL (9-6) 5-1 slowly away, never in contention, 8th of 10 (btn 7l) to Miraculous (9-8) (Southwell 6f hcap (5) £4,711 AW).
SHOWTOWN (9-9) 15-2 prominent, pushed along 2f out, led 1f out, headed 1f out, weakened, 8th of 11 (btn 5l) to Saucy Jane (9-9) (Thirsk 6f hcap (5) £3,926 good to firm).
VALENTINE CATCHER (8-9) 22-1 handy, lost position 2f out, ridden over 1f out, kept on one pace, 7th of 8 (btn 6l) to Mwafaq (9-1) (Doncaster 1m hcap (5) £4,397 good to firm).

4.45 LADIES NIGHT 2027 ON SALE NOW HCAP (4) winner £5,496; 1m 6f (8 runners)

1 10-P35 **TALISMANS TIME 18**
(2) E Bethell 4-10-2 ...... **Cian Horgan (5)** 96
Runs: 8 Wins: 2 (F,G) Places: 2 £15,887
Not found feet since July win last year, risky, big threat if turning up

2 12-070 **SAVROLA 45 (D)**
(7) D Sayer 7-9-12 ...... **Tom Eaves** 91
Runs: 29 Wins: 5 (F,2A,GS,G) Places: 6 £86,260
Strong stayer, dropped to an okay mark, wouldn't like to rule out

3 212112 **SHIPSHAPE 45 (D)**
(5) B J Llewellyn & R Williams 4-9-10 **Oisin Orr ●99**
Runs: 12 Wins: 3 (F,A,GS) Places: 3 £25,213
Bumped into one at Chester latest, found good opening, one to beat

4 45973V **DANCE TIME 25 (D)**
(3) D Loughnane 6-9-7 ...... **Sam James** 93
Runs: 32 Wins: 6 (6A) Places: 9 £43,531
More like it last time here, has to build on that, not most reliable

5 043554 **LUDO'S LANDING 10 (B;C)**
(6) C Johnston 6-9-6 ...... **Jason Hart** 88
Runs: 52 Wins: 7 (3F,2A,2G) Places: 10 £93,580
Struggling of late, handicapper helping, market might indicate return

6 060383 **GIBSIDE 18 (C,D)**
(4) T Easterby 7-9-5 ...... **Duran Fentiman** 89
Runs: 51 Wins: 8 (2S,F,2GS,3G) Places: 9 £114,330
Bit better latest but has been throwing in stinkers, mark sliding, risky

7 22234 **ASIA FORCE 41**
(1) K R Burke 3-9-2 ...... **Clifford Lee** 96
Runs: 5 Places: 2 £11,554
Still early days, not shown heaps yet but might click soon, interesting

8 797908 **OURO PRETO 10**
(8) I Jardine 5-8-12 ...... **Aiden Brookes** 81
Runs: 21 Wins: 3 (3S) Places: 4 £50,061
Form figures tell sorry tale, can't make a case for, would be miracle

BETTING: 13-8 Shipshape, 9-2 Talismans Time, Asia Force, 7 Dance Time, Gibside, 12 Ludo's Landing, 20 Savrola, 33 Ouro Preto
WHERE FAVOURITES FINISHED: 2
2025: Paper Doll 5-9-6, R Scott 5-1 (T Davidson), drw 7, 8 ran.

Sunracing FORM

TALISMANS TIME (9-6) 11-2 front mid-division, pushed along over 3f out, stayed on and ridden 2f out, one pace thereafter, 5th of 13 (btn 4¼l) to Vaguely Royal (8-12) (York 2m hcap (4) £12,885 good to firm).
SAVROLA (9-4) 40-1 led, driven 2f out, headed 2f out, weakened, 15th of 20 (btn 10l) to Believitanducan (9-6) (Newcastle 2m hcap (2) £38,655 AW).
SHIPSHAPE (9-4) 13-8 midfield, pushed along 2f out, headway final furlong, kept on, took second towards finish, no chance with winner, btn 2¼l by Ruler Legend (8-10) (7 ran) (Chester 2m hcap (4) £7,731 good).
DANCE TIME (9-6) 10-1 prominent, pressed leader 2f out, led narrowly over 1f out, no extra final 110yds, 3rd of 11 (btn 1¼l) to Trojan Sun (9-5)
OURO PRETO (9-9) 100-1 towards rear, pushed along to make headway over 1f out, weakened quickly inside final furlong, 7th (btn 7¼l) (Carlisle 1⅝m hcap (5) £4,187 good).
LUDO'S LANDING (10-2) 9-2 led, pushed along well over 3f out, ridden and headed over 2f out, dropped away 1f out, last of 4 (btn 11l) to La Peregrina (9-3) (Thirsk 1⅝m hcap (5) £4,187 good).
GIBSIDE (9-9) 3-1 held up in rear, shaken up 3f out, headway and pressed leader 1f out, ran on same pace final furlong, 3rd of 5 (btn 6¾l) to Port George (9-9) (Thirsk 1⅝m hcap (5) £4,187 good to firm).
ASIA FORCE (9-8) 11-4 midfield, pushed along 2f out, plugged on without threatening, 4th of 5 (btn 2¼l) to Parisian Scholar (9-4) (Thirsk 1½m hcap (4) £5,234 good to firm).
OURO PRETO (9-3) 66-1 towards rear, pushed along 2f out, never showed, 8th of 10 (8l) to Cabrera (10-4) (Hamilton 1m 5f hcap (4) £5,286 good).

5.15 RACING AGAIN WEDNESDAY 19TH AUGUST HANDICAP (6); 3-y-o; winner £3,611; 7f. (9 runners)

1 (9) 1-70856 **STORM ESME 40 (P★)** T Easterby 9-9 ...... **Duran Fentiman 91**
2 (4) 7542 **LEELAWADEE 26** M Dods 9-9 ...... **Mark Winn ●99**
3 (1) 5811556 **ONLY DREAM BIG 13 (B;D)** T Easterby 9-8 ...... **Ben Robinson 92**
4 (5) 33654 **VIVIANA 28** C Johnston 9-8 ...... **Oisin Orr 97**
5 (7) 554-470 **DOUWANTITRIGHTNOW 57** K Ryan 9-8 ...... **Tom Eaves 83**
6 (8) -030437 **SPARKLING PINK 10** A Nicholls 9-4 ...... **Jack Garritty 90**
7 (2) 6-30287 **OASIS COVER 18** M Hammond 9-4 ...... **Aiden Brookes 88**
8 (6) 5042-59 **YOKO 12 (H)** D Loughnane 9-4 ...... **Clifford Lee 92**
9 (3) 539-661 **TRULY SPECIAL 64 (C)** J Wainwright 8-13 ...... **Jason Hart 97**

BETTING: 9-4 Leelawadee, 10-3 Only Dream Big, 9-2 Sparkling Pink, 11-2 Truly Special, 13-2 Viviana, 11 Storm Esme, 33 Oasis Cover, Yoko, 66 Douwantitrightnow
WHERE FAVOURITES FINISHED: 5
2025: Sir David 9-7 Callum Shepherd 17-2 (Mrs Stella Barclay) drawn 7, 12 ran.

Sunracing FORM

STORM ESME (9-7) 16-1 prominent, pushed along to chase 1f out, outpaced final furlong, last of 8 (btn 18l) to Empirical (9-6) (Nottingham 1m hcap (5) £4,711 good to firm).
LEELAWADEE (9-0) 5-1 held up in last, headway 3f out, chased winner final furlong, ran on, denied, btn sh hd by Hatamoto (8-9) (4 ran) (Thirsk 1m hcap (5) £4,711 good to firm).
ONLY DREAM BIG (8-12) 11-1 led, headed 2f out, ridden 1f out, weakened, 6th of 7 (btn 3l) to Kiss Me My Love (9-7) (Redcar 1m app sell hcap (5) £6,281 good to firm).
VIVIANA (9-3) 13-2 prominent, ridden well over 2f out, kept on final furlong, never nearer, 4th of 8 (btn 1l) to The Sweet Escape (9-10) (Beverley 7f hcap (5) £4,527 good to firm).
DOUWANTITRIGHTNOW (9-5) 66-1 midfield, hung left when ridden 2f out, weakened quickly from 1f out, last of 10 (btn 13l) to Sandy Craic (9-7) (Carlisle 7f hcap (5) £4,187 good).
SPARKLING PINK (9-6) 11-2 led, ridden 2f out, bumped and headed final furlong, faded, 7th of 11 (btn 3¼l) to Emerald Army (9-5) (Doncaster 7f hcap (6) £3,768 good to firm).
OASIS COVER (9-0) 80-1 raced in rear, pushed along well over 3f out, weakened over 2f out, 7th of 8 (btn 6¼l) to Zooella (9-13) (Thirsk 6f hcap (5) £4,187 good to firm).
YOKO (9-8) 28-1 mid-division, pushed along and dropped away 3f out, 9th of 10 (btn 16l) to Manton Road (9-6) (W'hampton 7f hcap (6) £3,768 AW).
TRULY SPECIAL (9-5) 17-2 made all, ridden 1f out, soon pressed, kept on in duel final furlong, asserted near finish, bt Battenburg Belle (9-4) ¾l (9 ran) (Carlisle 6f hcap (6) £3,402 soft).

GOING

TEMPLEGATE
2.45 Bay Dream Believer
3.15 Rogue Passion
3.45 Influencer Man
4.15 Great
4.45 Shipshape
5.15 Leelawadee

TEMPLEGATE'S TRIO: Bone Marra (double, Hamilton) with Sugar Suga
TOM PEPPER'S DOUBLE: Return T Hamilton).
SUNRATINGS' NAP: JENEVER (4.15 C
THE JUDGE: BONE MARRA (4.30 Ling

TIC-TAC: Right-handed, undulating pea uphill finish. **DRAW:** Low have a slight adva ground is soft. **FAVOURITES:** (2021-2026): the previous corresponding meetings, 1 out

HOT 'N

TRAINERS with best record in last 14 c Jardine 6 from 30; K R Burke 8 from 46; N Johnston 6 from 46; D O'Meara 7 from 55; R
JOCKEYS with best record in last 14 da Farmer 3 from 11; MP Sheehy 3 from 12; Co A Jary 4 from 24; J Hart 8 from 48; C Lee 5 f
TRAINERS who have had the most runn Loughnane 25; K Ryan 12; M Hammond 12;
JOCKEYS who have had the most rides s Amie Waugh 33; A Brookes 28; K S McHug

TOP TRAINERS

2021-2026 T Easterby 30-362, K R Burke 26-113, I Jardine 18-199, K Ryan 17-102, R & P Fahey 15-143, C Johnston 11-74, E Bethell 10-57, D O'Meara 8-55, M Dods 8-116, D Sayer 7-110. **THIS SEASON:** I Jardine 6, D O'Meara 4, K R Burke 3, T Easterby 2.

TRAINER

FIRST RACE FOR NEW YARD: 2.45 Ba Rutherford. **RACEFAX:** None Today.
LONGEST TRAVELLERS: Shipshape (Williams, Bargoed, round trip of 528 miles; by D Loughnane, Tern Hill, round trip of Malpas, round trip 302 miles.

IN THE

MONEY TALKS: Shaqra Queen (3.15) ope (3.15) opened 11-4 second at 9-4f; **Jenever** (3.15) opened 28-1 second at 14-1; **Gibside** (
TOP EARNERS: 4.45 **Gibside** £114,330; Landing £93,580; 4.45 **Savrola** £86,26 Investment £64,514.

UNDER

SEVEN-DAY WINNERS: Great (4.15) won a
BLINKERED FIRST TIME: 3.45 Onslaught.
VISORED FIRST TIME: None.
FIRST RUN SINCE WIND OP: Showtown (
WEIGHTWATCHER: 2.45 **Izzari** (won off 6 66 down 11lb to 55); 4.15 **Jenever** (won of (won off 81 down 17lb to 64); 4.45 **Gibsid Landing** (won off 80 down 5lb to 75); 5.15 **S**
JOB JOCKEY: A Brookes rides **Ouro Pret** rides **Truly Special** (5.15) for J Wainwrigh **Passion** (3.15) for E Bethell, 7 from 33, 21%.

TEMP
RACING'S NO1 T

BONE MARRA (4.30 Lingfield, nap) can get under the skin of the bookies.

Ollie Sangster's gelding is an all-weather specialist and was unlucky not to win at Wolverhampton last time.

He remains on a decent mark and is drawn nicely today. He's run well at the track before and the yard is in good nick.

RETURN TO UNIT (7.00 Hamilton, nb) has been given a good hike up the weights for his runaway win at Nottingham but should still have more up his sleeve.

There looks to be a bit of give

★ TEMPLEGATE NAP
BONE MARRA
4.30 Lingfield

All-weather specialist has been found another great opening here

★ TEMPLE
RETURN
7.00 Hamilt
On the up at a ra of knots and ca defy hefty rise i the weights

EACH-WA

SHE COMMANDS (3.30 Lingfield) v the Sandringham Handicap at Ro way double with **JENEVER** (4.15 C work at the finish at Nottingham

S, FORM AND TIPS SEVEN DAYS A WEEK!

G: GOOD

TOM PEPPER

2.45.....Bay Dream Believer
3.15.....Lizzie Bennet
3.45.....Influencer Man
4.15.....Another Investment
4.45.....Shipshape
5.15.....Leelawadee

n (Lingfield) and Return To Unit
r (Nottingham).
To Unit and Second Fiddle (both

arlisle).
field).

r-shaped course of 1m 5f with a testing antage in races up to mile, high best when 273 have won out of 873 races (31.3%). At of 4 (25.0%).**LIVE ON RACING TV**

N NOT

ays: E Bethell 7 wins from 30 runners; I N Tinkler 5 from 31; M Dods 4 from 29; C & P Fahey 3 from 32; H Palmer 3 from 36.
ays: Oisin Orr 9 wins from 29 rides; Shay hor Whiteley 4 from 16; S James 3 from 18; rom 43; M Winn 2 from 19.
ers since last win: Gary Rutherford 44; D J Wainwright 8; D Carroll 8; M Walford 6.
since last win: D Fentiman 48; T Eaves 35; n 14; C Tuke 12; M Winn 12; S James 10.

TOP JOCKEYS

2021-2026 S James 18-109, C Lee 15-68, M Winn 12-55, Oisin Orr 10-77, T Eaves 7-107, J Hart 6-94, D Nolan 5-62, D Fentiman 5-82, J Garritty 4-50, A Brookes 3-29. **THIS SEASON:** M Winn 5, Oisin Orr 3, C Lee 2, T Eaves 1.

R TRACE

alance Of Trade Paul Mulligan to Gary

4.45) trained by B J Llewellyn & Robert **Dance Time** (4.45) & **Yoko** (5.15) trained 338 miles; **Jazz Queen** (3.45), H Palmer,

MONEY

ened 4-1 unplaced at 3-1; **Rogue Passion** (4.15) opened 4-1 third at 10-3; **Sweet Iris** 4.45) opened 7-2 third at 3-1.
2.45 **Jewel Maker** £111,650; 4.45 **Ludo's** 0; 4.15 **Jenever** £77,378; 4.15 **Another**

ORDERS

t Pontefract (5f).

4.15).
6 down 3lb to 63); **Jewel Maker** (won off 79 down 4lb to 75); **Valentine Catcher le** (won off 79 down 5lb to 74); **Ludo's parkling Pink** (won off 64 down 4lb to 60) 4.45) for I Jardine, 5 from 21, 24%. J Hart t, 3 from 13, 23%. Oisin Orr rides **Rogue**

LEGATE

TIPSTER STEVE MULLEN

Bone can set winning tone

underfoot and that is right up his street.

He has more to give for an in-form yard.

SUGAR SUGAR (8.15 Nottingham, treble) looks sweet in the lucky last.

Jack Channon's filly got off the mark with a cosy win at Epsom last time and has been found another good opening from just 2lb higher.

GATE NB
TO UNIT

★ TEMPLEGATE TREBLE
SUGAR SUGAR
8.15 Nottingham
Unexposed and did more than enough on handicap debut at Epsom last time

AY THIEF

will find these waters easier than yal Ascot last time. Have an each-Carlisle), who was doing his best last time.

LINGFIELD AW — STANDARD

2.30 SMARTER GAMBLING STARTS AT GAMBLING.COM HANDICAP (Class 6); win £3,245; 1m 2f.(14 runners)

1 (5) 038654- **WARRNAMBOOL 228** N Littmoden 4-9-9 ..... **Luke Morris 94**
2 (10) **4-07 LADY OF CHIVALRY 36** P Chamings 4-9-9 ..... **Callum Hutchinson 87**
3 (14) 67-1638 **ROMAN SECRET 28** L Mullaney 5-9-9 ..... **Finley Marsh 95**
4 (8) 38630-4 **LITTLE TIGER 63 (D)** W Stone 6-9-9 ..... **Edward Greatrex 86**
5 (3) **415-473 CHICO DULCE 34 (CD)** M Madgwick 6-9-8 ..... **Billy Loughnane 97**
6 (7) 809-821 **SHIFRA 54 (D)** P Phelan 4-9-6 ..... **Seamus Cronin (5) ●99**
7 (13) **1332377 ARLECCHINO'S REX 56 (H)** M Usher 4-9-4 ..... **Cieren Fallon 90**
8 (4) 7-45930 **MOONLIT CLOUD 8 (D)** D Ivory 8-9-3 ..... non-runner 93
9 (2) **3462857 DUBAI HARBOUR 64 (CD)** P Phelan 6-9-2 ..... **Paddy Bradley 93**
10 (6) **-724388 STACEY RACEY 21** Kieran Burke 5-9-1 ..... **Josephine Gordon 84**
11 (1) 70-02 **CRAZY PLAN 28** D Horsford 3-9-1 ..... **Jason Watson 94**
12 (9) **346-687 LADY AIYANA 54** I G-Leveque 4-9-0 ..... **Benoit Sayette 86**
13 (12) **3560498 SUMMER EVENING 34** D Flood 4-9-0 ..... **Tyler Heard 88**
14 (11) 64588-8 **WARRIORS CHOICE 70** T Dascombe 3-8-13 ..... **William Cox 82**

BETTING: 7-2 Shifra, 9-2 Crazy Plan, 11-2 Chico Dulce, 15-2 Little Tiger, 8 Warrnambool, Roman Secret, 10 Arlecchino's Rex, 14 Stacey Racey
WHERE FAVOURITES FINISHED: 6 1 7 2-4 2-5
2025: Galactic Glow 8-9-6 Taylor Fisher 5-1 (J Tickle) drawn 7, 10 ran.

3.00 SKY SPORTS RACING SKY 415 FILLIES' RESTRICTED NOVICE STAKES (3); 2yo; win £9,180; 5f. (5 runners)

1 (3) 5686 **CRIMSON BLAZE 11** R Hughes 9-2 ..... **Finley Marsh 90**
2 (2) 609 **DESERT SANDS 32** I Mohammed & J Santos 9-2 ..... **Benoit Sayette ●99**
3 (5) 40 **BIRKACRE BROW 46** J Tate 8-13 ..... **Billy Loughnane 86**
4 (1) 524 **OURAGAN 12** A Watson 8-13 ..... **Luke Morris 96**
5 (4) 287226 **BELLATINA 27** C Johnston 8-10 ..... **Cieren Fallon 94**

BETTING: 5-4 Desert Sands, 5-2 Ouragan, 4 Bellatina, 8 Crimson Blaze
WHERE FAVOURITES FINISHED: 4 3 2 8
2025: Arlo's Girl 9-0 Darragh Keenan 25-1 (J Parr) drawn 7, 9 ran.

3.30 BRITISH STALLION FILLIES' HANDICAP (4) winner £10,468; 1m 2f (10 runners)

1 -22237 RASTNET 59
(2) J Butler 4-10-2 ..... **David Egan 91**
Runs: 9 Wins: 1 (A) Places: 6 £21,655
Excuses at Chester last time, solid AW form back in spring, vulnerable

2 31-38 DEEDAYDIVA 94
(10) A King 3-9-11 ..... **Luke Catton (3) 90**
Runs: 4 Wins: 1 (S) Places: 1 £26,720
Shocker on handicap debut at Ascot, better expected now, risky

3 51-10 SHE COMMANDS 53
(7) R Beckett 3-9-10 ..... **Edward Greatrex 97**
Runs: 4 Wins: 2 (2A) £29,288
50-1 for Sandringham, big drop in class, drawn okay, should be in mix

4 52-953 POMME POMME 16 (D)
(9) J Channon 4-9-9 ..... **Rose Dawes (5) 95**
Runs: 14 Wins: 5 (A,F,3G) £26,320
Battled-hardened compared to some of these, capable from this mark

5 137- RADIANCE 326 (BF)
(4) G Boughey 3-9-8 ..... **Billy Loughnane 93**
Runs: 3 Wins: 1 (G) £8,508
Backed into 2-1 jolly on hcap debut last Sept, off since, market steer

6 1-3522 DISTANT SHORE 21 (H;BF)
(3) R Varian 3-9-7 ..... **Robbie Downey ●99**
Runs: 5 Wins: 1 (F) Places: 2 £11,639
Solid last twice, reliable but needs to get head in front, great chance

7 -59317 BIG BEAR HUG 29 (D)
(8) J Boyle 7-9-4 ..... **Pat Cosgrave 89**
Runs: 41 Wins: 5 (2S,A,GS,G) Places: 11 £53,445
Didn't follow up Kempton win here last month, freshened up, sniff

8 3-2321 ASSET 16
(5) Sir M Prescott 3-9-1 ..... **Luke Morris 92**
Runs: 5 Wins: 1 (F) Places: 1 £17,782
Beat very little at Ponte last time, learn more today, drawn okay, threat

9 931-21 SPIRIT OF ATHENE 13 (C,D)
(1) E Walker 3-8-13 ..... **Kieran Shoemark 97**
Runs: 5 Wins: 2 (F,A) Places: 2 £10,799
Going right way, Sandown win looked solid, more to offer again

10 -03351 GUESSTIMATE 25 (D)
(6) W Haggas 3-8-10 ..... **Cieren Fallon 95**
Runs: 7 Wins: 1 (F) Places: 3 £21,225
Won quiet race at Notts, tougher now, might have more up sleeve

BETTING: 4 Radiance, Distant Shore, 6 Rastnet, Spirit Of Athene, 7 She Commands, 8 Asset, 10 Guesstimate, Deedaydiva, 16 Pomme Pomme, 66 Big Bear Hug
WHERE FAVES FINISHED & 2025: No corresponding race.

Sunracing FORM

RASTNET (9-0) 9-2 midfield, ridden 2f out, soon dropped to rear, no impression final furlong, 7th of 10 (btn 6¼l) to Ultrasoul (9-3) (Chester 1¼m hcap (3) £12,885 good to soft).
DEEDAYDIVA (8-12) 6-1 midfield, ridden 2f out, faded final furlong, 8th of 9 (9¾l) to Radiant Beauty (9-10) (Ascot 1m hcap (2) £25,770 good).
SHE COMMANDS (8-3) 50-1 went right start, raced far side, prominent, ridden 3f out, weakened over 1f out, 20th of 30 (btn 19l) to Green Carrera (8-8) (Ascot 1m hcap (2) £61,848 good to firm).
POMME POMME (9-4) 7-1 led, pushed along 2f out and kept on, ridden 1f out, headed 1f out, faded, 3rd of 5 (7¾l) to Jez Bomb (9-6) (Pontefract 1¼m hcap (3) £8,762 good to firm).
RADIANCE (9-11) 2-1 fav restless in stalls, slowly into stride, in rear, headway over 2f out, soon ridden, no impression, weakened from over 1f out, last of 7 (well btn) to Aspiral (9-4) (Ayr 7f hcap (4) £7,851 good to soft).
DISTANT SHORE (9-7) 2-1 fav raced in last, shaken up and headway over 1f out, stayed on into second final 110yds, kept on but held by winner, btn 1¾l by Luna Celeste (9-3) (5 ran) (Nottingham 1m hcap (4) £5,496 good to firm).
BIG BEAR HUG (8-12) 8-1 slowly into stride, in rear of mid-division throughout, 7th of 9 (btn 5¼l) to Senor Cortez (9-11) (Lingfield 1m 5f hcap (5) £4,187 AW).
ASSET (9-2) 2-13 fav handy in second, pushed along 2f out and soon pressed leader, led final furlong, asserted closing stages, bt Albemagic (9-7) 1¾l (3 ran) (Pontefract 1m mdn (4) £5,400 good to firm).
SPIRIT OF ATHENE (8-13) 5-2 fav held up in rear, switched left 2f out, soon drifted left, good headway 1f out, led inside final furlong, stayed on well, bt Ammoony (9-9) nk (10 ran) (Sandown 1¼m hcap (5) £4,449 good to firm).
GUESSTIMATE (9-2) 15-8 made all, set steady pace, ridden to assert 1f out, ran on well, always enough when faced challenge finish, bt Sweet Horizon (9-2) ¾l (5 ran) (Nottingham 1¼m (4) £5,400 good to firm).

4.00 COMPARE LICENCED BETTING SITES GAMBLING.COM CLASSIFIED STAKES (6); £3,245; 1m 4f. (11 runners)

1 (1) 6-57622 **CHARENCEY 14** I Williams 6-9-9 ..... **Billy Loughnane ●99**
2 (6) **080 CRACK OF THUNDER 15 (P★)** J Jones 4-9-9 ..... **Jason Watson 83**
3 (5) **9761423 DINAH MYTE 14** J Gallagher 4-9-9 ..... **Luke Morris 95**
4 (2) /7-1705 **DOTTIES STAR 41 (CD)** P Phelan 7-9-9 ..... **Paddy Bradley 92**
5 (9) **705-807 DUBAI IMMO 54** P Butler 7-9-9 ..... **Ashley Lewis (3) 83**
6 (8) **9-40689 FIGHTING POET 21 (B;D)** R Phillips 8-9-9 ..... **Robert Havlin 85**
7 (4) **7-87732 FOINIX 5 (B;BF,D)** J & S Best 6-9-9 ..... **Finley Marsh 97**
8 (7) 6-07964 **SUITCASE SMITH 27** J Berry 4-9-9 ..... **David Egan 90**
9 (3) **8735783 TIGER BEETLE 18** T Faulkner 8-9-9 ..... **Zoe Lewis (7) 94**
10 (10) 35U3452 **WRIST ART 8** J Owen 9-9-9 ..... **Christian Howarth (3) 96**
11 (11) 0577-87 **AMALFI BLUEBELL 34** F Brennan 3-8-13 ..... **Tyler Heard 82**

BETTING: 9-4 Charencey, 4 Dinah Myte, Wrist Art, 5 Tiger Beetle, 11-2 Foinix, 10 Suitcase Smith, 25 Dotties Star, 50 Crack Of Thunder
WHERE FAVOURITES FINISHED: 1 7
2025: Manila Mist 5-9-9 Robert Havlin 25-1 (K Jewell) drawn 6, 10 ran.

TEMPLEGATE / TOM PEPPER

TEMPLEGATE	TOM PEPPER
2.30.....Dubai Harbour	2.30.....Little Tiger
3.00.....Desert Sands	3.00.....Desert Sands
3.30.....Spirit Of Athene	3.30.....Rastnet
4.00.....Wrist Art	4.00.....Charencey
4.30..BONE MARRA (nap)	4.30.....Bone Marra
5.00.....Aplaceinthesun	5.00.....Prince Ali

■TIC-TAC: (AW) L-H all-weather Polytrack of 1m 2f, 2f run-in. ■DRAW: Little effect. ■LEADING TRAINERS (2021-2026): G Boughey 50-307, A Watson 43-292, R Hughes 41-291, W Haggas 38-152. THIS SEASON: J Owen 14, G Boughey 9, Sir M Prescott 8. ■TOP JOCKEYS (2021-2026): L Morris 84-751, R Havlin 62-374, B Loughnane 52-353, P Bradley 48-449. THIS SEASON: L Morris 24, B Loughnane 15, Jason Watson 8. ■LONGEST TRAVELLER: Bellatina (3.00) trained at Middleham. Round trip of 540 miles. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON SKY SPORTS RACING

4.30 FREE TIPS ATTHERACES.COM HANDICAP (4) 3-Y-O; winner £5,234; 7f (7 runners)

1 1-2012 BONE MARRA 25 (BF,D)
(2) O Sangster 9-10 ..... **Stevie Donohoe ●99**
Runs: 9 Wins: 3 (3A) Places: 3 £21,899
Becoming an AW specialist, solid again last time, one to beat here

2 -57258 DO BRONXS 25
(3) D Loughnane 9-9 ..... **David Egan 90**
Runs: 9 Wins: 1 (G) Places: 1 £31,006
Bits and pieces of form but unreliable, will pop up, who knows when

3 5110-0 MALACHY'S WISH 59 (D)
(6) J Osborne 9-8 ..... **Saffie Osborne 85**
Runs: 5 Wins: 2 (S,A) £7,344
Awful last twice, hard to trust for now, needs return to early promise

4 215371 THREE NON BLONDES 19 (D)
(5) H Burton 9-6 ..... **Billy Loughnane 98**
Runs: 7 Wins: 3 (F,2A) Places: 2 £23,076
Job done in small field at Yarmouth latest, solid AW record, player

5 8-2276 BRISK SYMPHONY 24
(1) J Portman 9-6 ..... **Jason Watson 92**
Runs: 9 Wins: 2 (2F) Places: 2 £19,089
Lost way last twice, return to AW may help, draw helps, not ruled out

6 761- SOUFFLER 293 (D)
(7) K De Foy 9-6 ..... **Taryn Langley (5) 90**
Runs: 3 Wins: 1 (G) £5,486
Not seen since novice win at Newmarket, market good guide for now

7 341076 PINTS IN PEACE 38 (D)
(4) J & S Best 9-1 ..... **Finley Marsh 88**
Runs: 16 Wins: 2 (2A) Places: 3 £18,114
First start for new yard that does well here, hard to weigh up, watched

BETTING: 13-8 Bone Marra, 3 Three Non Blondes, 9-2 Souffler, 15-2 Brisk Symphony, 10 Do Bronxs, 16 Malachy's Wish
WHERE FAVOURITES FINISHED: 2 3 3 6 3
2025: Invited 9-9, B Loughnane 7-1 (G Boughey), drw 11, 12 ran.

Sunracing FORM

BONE MARRA (9-9) 5-2 fav prominent, lost position 2f out, ridden 1f out, stayed on final furlong, went second final 110yds, led ned near finish, headed final strides, btn nk by Hungarian (9-4) **DO BRONXS** (9-11) 9-1 soon led, ridden and headed 2f out, weakened, 8th (btn 7¾l) (9 ran) (W'hampton 7f hcap (4) £5,234 AW).
MALACHY'S WISH (9-3) 40-1 in rear, headway over 2f out, ridden over 1f out, never involved, last of 10 (btn 7¾l) to Sticktoyourguns (9-4) (Sandown 7f hcap (3) £7,731 good).
THREE NON BLONDES (9-4) 7-2 disputed lead, led 3f out, pushed along 2f out, headed 1f out, rallied and kept on final furlong, regained lead finish, just enough, bt Hardy's Hero (9-4) sh hd (4 ran) (Yarmouth 7f hcap (4) £5,653 good to firm).
BRISK SYMPHONY (9-3) 9-1 held up in touch, pushed along 2f out, never threatened, last of 6 (btn 12l) to All Moonshine (10-0) (Newbury 7f hcap (3) £15,462 good to firm).
SOUFFLER (9-2) 5-1 tracked leaders, went 2nd 2f out, challenged 1f out, led inside final furlong, stayed on, ridden out, bt Splash (9-0) ¾l (11 ran) (Newmarket 7f nov (4) £5,154 good).
PINTS IN PEACE (9-3) 16-1 mid-division, pushed along over 2f out, no real progress, 6th of 7 (btn 6l) to Mr Writer (9-9) (Leicester 7f hcap (4) £5,234 good to firm).

5.00 FOLLOW ATTHERACES ON INSTAGRAM APPRENTICE HANDICAP (6); winner £3,245; 7f. (11 runners)

1 (4) **2464789 KING DAVID 44 (B;D)** G Kelleway 5-9-9 ..... **Toby Moore (7) 86**
2 (5) **7873612 PRINCE ALI 18 (D)** T Faulkner 8-9-8 ..... **Zoe Lewis (7) 97**
3 (8) /8-7833 **AFRICAN SPIRIT 12 (D)** I Williams 5-9-6 ..... **Luke Catton 95**
4 (1) -27644 **JACKSON STREET 10 (CD)** M Attwater 5-9-6 ..... **Seamus Cronin 98**
5 (2) 5-06746 **YES WALIIM 11** R Hughes 3-9-3 ..... **Oliver Hoodless (7) 89**
6 (6) **0-92415 DISTILLATION 5 (BF,D)** M Usher 3-9-1 ..... **Donagh Murphy (5) 93**
7 (10) -148639 **ASHFORD HILL 7 (CD)** D F Davis 5-9-0 ..... **Isobelle Chalmers (7) 84**
8 (3) 008-361 **GAL 28 (D)** M Loughnane 3-9-0 ..... **Hope Regan (7) ●99**
9 (11) -35256 **TWITCH 28 (B;D)** C Benton 9-9-0 ..... **Charlie Tucker (7) 92**
10 (7) 3808-74 **APLACEINTHESUN 14** O Sangster 3-8-11 ..... **Ashley Lewis 85**
11 (9) 7545 **MATERIAL GIRL 11 (P★)** A Watson 3-8-8 ..... **Mason Paetel 88**

BETTING: 7-2 Gal, 5 Jackson Street, Prince Ali, 13-2 Distillation, 10 Aplaceinthesun, Yes Waliim, 11 Twitch, African Spirit
WHERE FAVOURITES FINISHED: 1 3
2025: Zaltalla 4-9-9 Tommie Jakes 10-1 (M Attwater) drawn 11, 13 ran.

Sunracing FORM

KING DAVID (9-12) 9-2 slowly away, soon in rear, modest headway from 1f out, weakened towards finish, 9th of 12 (btn 7¾l) to Trust Sergei (9-8) (W'hampton 6f hcap (6) £4,711 AW).
PRINCE ALI (9-2) 11-2 chased leaders, headway to press leader after 4f, ridden to lead 2f out, headed and no extra final 110 yards, btn 1¼l by Knightmare (9-6) (10 ran) (Chepstow 1m (6) £3,454 good to firm).
AFRICAN SPIRIT (9-7) 16-1 pressed leader, pushed along 2f out, soon led, ridden and headed approaching final furlong, one pace, 3rd of 12 (btn 3¾l) to Iconic Times (9-13) (W'hampton 7f hcap (6) £3,768 AW).
JACKSON STREET (9-8) 5-1 chased leaders, shaken up 2f out, ridden over 1f out, kept on inside final furlong, no impression, 3rd of 7 (btn ¾l) to Musical Soldier (9-9) (Lingfield 7f hcap (6) £3,768 good to firm).
YES WALIIM (8-5) 8-1 towards rear, headway 1f out, outpaced final furlong, weakened finish, 6th of 9 (btn 15l) to Suggy (9-7) (W'hampton 1m 1f hcap (5) £3,978 AW).
DISTILLATION (9-7) 11-4 jt fav chased leaders, ridden over 2f out, weakened inside final furlong, 5th of 10 (btn 3¼l) to Hear The Drums (9-5) (Southwell 1m hcap (6) £3,664 AW).
ASHFORD HILL (8-0) 66-1 held up in rear, asked for effort over 1f out, never in contention, 9th of 11 (btn 5¼l) to Mister Mojito (9-11) (Lingfield 7f app hcap (5) £3,978 AW).
GAL (9-5) 10-3 held up in rear, ridden 3f out, headway to chase leader entering final furlong, kept on well and led towards finish, bt Musical Soldier (9-9) nk (6 ran) (Leicester 7f hcap (6) £3,140 good to firm).
TWITCH (8-10) 22-1 took keen hold, prominent, ridden to press leader over 2f out, lost second final furlong, no extra in fourth inside final 110yds, slightly hampered final strides, 4th of 10 (btn 1¼l) to On Key (9-4) (W'hampton 7f hcap (6) £4,711 AW).
APLACEINTHESUN (8-13) 12-1 in rear, ridden over 2f out, stayed on from over 1f out, nearest finish, 4th of 9 (btn 1¼l) to Legendsoftheland (9-9) (Ffos Las 6f hcap (6) £3,454 good).
MATERIAL GIRL (9-4) 10-1 prominent, ridden to challenge over 1f out, no extra final furlong, never a threat, 5th of 13 (btn 4l) to Asadjumeirah (9-4) (Newcastle 6f (6) £4,711 AW).

LONG SHOT **SAVROLA (4.45 Carlisle) hasn't put his best foot forward yet this season but he has dropped to a dangerous mark and this strong stayer can give a good account.**

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HAMILTON TONIGHT

GOOD TO SOFT (GOOD)

TEMPLEGATE	TOM PEPPER
5.30.....Ukiyo	5.30..... Hurt You Never
6.00.....Baldetti	6.00.....Baldetti
6.30..... Matter Of Britain	6.30..... Matter Of Britain
7.00..Return To Unit (nb)	7.00 RETURN TO UNIT (nap)
7.30.....Quiet Resolve	7.30...Second Fiddle (nb)
8.00....Territorial Knight	8.00.....Station X
8.30.....Patrick Street	8.30.....Ebony Maw

■TIC-TAC: Right-handed, loop course with 5f run-in part of straight. Undulating, with testing finishing climb. ■DRAW: Low to middle best in sprints. ■LEADING TRAINERS (2021-2026): J Goldie 76-536, I Jardine 47-371, T Easterby 29-212, K Ryan 27-138. THIS SEASON: J Goldie 11, T Easterby 7, E Bethell 6. ■TOP JOCKEYS (2021-2026): P Mulrennan 52-281, A Mullen 44-288, D Tudhope 20-117. THIS SEASON: P Mulrennan 7, A Mullen 4. ■LONGEST TRAVELLER: El Matador (7.00) trained at Kimpton Down. Round trip of 800 miles. ■TRAINERFAX: I Jardine won the 5.30 in 2023 and 2024. ■FIRST RUN SINCE WIND OP: Hvar (5.30). ■JACKPOT: 1-6. ■LIVE ON RACING TV

5.30 HAMILTON PARK 'HANDS AND HEELS' APPRENTICE HCAP (Class 6); winner £3,664; 5f. (8 runners)

1 (1) 0-59775 **TANJEN 17 (D)** T Easterby 4-9-9 ..... **Jake Dickson ●99**
2 (8) 3985592 **HURT YOU NEVER 8 (B;CD)** A Nicholls 7-9-9 ..... **Matthew Slater 98**
3 (5) 6-35814 **COTAI STARLIGHT 15** K Scott 3-9-6 ..... **Joe Bradnam 96**
4 (7) 1-00709 **HVAR 36** J & S Quinn 3-9-6 ..... **Alfie Redman 84**
5 (3) 387-667 **NEVER DARK 10 (CD)** I Jardine 9-9-5 ..... **Jude Fernandes 90**
6 (4) 2020384 **UKIYO 3** A Kinirons (Ire) 5-9-2 ..... **Yudish Geerdharry 89**
7 (6) 575-342 **SOUTH SHORE ISLAND 13** L Quinlan 4-8-12 ..... **Molly Keegan-Price (5) 95**
8 (2) 3577266 **SUMMERSTORMS DREAM 3** J Goldie 4-8-9 ..... **Finlay Bassett (7) 92**

BETTING: 11-4 Hurt You Never, 4 Cotai Starlight, 9-2 South Shore Island, 5 Tanjen
WHERE FAVOURITES FINISHED: 2 2 4
2025: Thornaby Pearl 7-9-8 Alfie Gee 3-1 (Adrian Nicholls) drawn 5, 6 ran.

6.00 KINRARA GIN EBF RESTRICTED NOVICE STAKES (4); 2-y-o; value to the winner £6,210; 6f. (6 runners)

1 (5) 32 **BALDETTI 25** M Dods 9-7 ..... **Sean Kirrane 98**
2 (3) 5232 **HARLEY 15 (BF)** E Bethell 9-7 ..... **Daniel Tudhope ●99**
3 (4) 84 **LONGSHANKS LUKE 6 (B)** P Neville 9-7 ..... **Barry McHugh 87**
4 (1) 6264 **SEA MIRAGE 25** K Ryan 9-7 ..... **Shane Gray 94**
5 (6) **9 LIGHTENINGS LEGACY 43 (V★)** M Usher 9-4 ..... **Jude Fernandes (7) 70**
6 (2) 56 **PROFITABILITY 32** C Lidster 8-13 ..... **William Pye 74**

BETTING: 13-8 Baldetti, 7-4 Harley, 4 Sea Mirage, 10 Profitability
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

6.30 DAVID & WILLIAM MCHARG MEMORIAL MAIDEN STAKES (4); winner £6,210; 1m. (8 runners)

1 (1) 43 **AL FUJAIRAH 26** I Jardine 3-9-7 ..... **Andrew Mullen 86**
2 (4) **EAGLES INSTINCT** J Goldie 3-9-7 ..... **Paul Mulrennan —**
3 (5) 47 **FREDDY FEARLESS 35** D & N Barron 3-9-7 ..... **William Pye 80**
4 (7) **6 LEAGUE OF JUSTICE 19** G Tutty 3-9-7 ..... **Jake Dickson (5) 78**
5 (8) 23 **MATTER OF BRITAIN 12** D O'Meara 3-9-7 ..... **Daniel Tudhope 93**
6 (2) 3-33 **SHEIKHNSHAH 54** J Camacho 3-9-7 ..... **Ryan Sexton 97**
7 (3) 46 **UPPER EAST 59** K Scott 3-9-7 ..... **Sean D Bowen ●99**
8 (6) 5 **MIDNIGHT SERENADE 10** R Smith 3-9-2 ..... **Sean Kirrane 77**

BETTING: 5-2 Sheikhnshah, 3 Upper East, 7-2 Matter Of Britain, 6 League Of Justice, 7 Freddy Fearless, 12 Eagles Instinct, 20 Al Fujairah, 100 Midnight Serenade
WHERE FAVOURITES FINISHED: 1
2025: Golden Horse 3-9-7 Tom Marquand 1-3 Fav (W Haggas) drawn 4, 5 ran.

7.00 KINRARA DISTILLERY SCOTTISH TROPHY HCAP (3) win £13,400; 1m 1f (14 run)

1 5-2233 **EL MATADOR 47**
(14) R Beckett 4-10-2 ..... **non-runner** 97
Runs: 10 Wins: 2 (F,G) Places: 5 £24,411
Creeping up weights without winning, is due one, ruled out yesterday

2 721-71 **RETURN TO UNIT 61 (B)**
(7) R Varian 4-10-1 ..... **Sean D Bowen ●99**
Runs: 5 Wins: 2 (S,G) Places: 1 £11,790
Big step forward Notts, 8lb hike, one to beat with repeat, may need cut

3 56-618 **POINT OF CONTACT 38 (BF,D)**
(5) A Balding 4-10-1 ..... **P J McDonald** 96
Runs: 10 Wins: 2 (2G) Places: 2 £44,212
Didn't appear to stay latest, too bad to be true, York win much better

4 330310 **ALTAREQ 31**
(4) J Goldie 4-10-0 ..... **Lauren Young (5)** 93
Runs: 9 Wins: 1 (G) Places: 4 £24,242
Bit of an enigma, comes with late run, on workable mark if turning up

5 34-982 **IMPARTIALITY 59 (C)**
(13) P Makin 4-9-12 ..... **Dougie Costello** 90
Runs: 17 Wins: 3 (3G) Places: 5 £51,813
Yard punches above weight, Chester run more like it, has to back it up

6 223264 **SPOKEN TRUTH 17**
(3) D O'Meara 5-9-12 ..... **Daniel Tudhope** 94
Runs: 16 Wins: 1 (S) Places: 4 £45,478
Rock solid in decent races all year, struggles to win, will pop up soon

7 -05013 **CADARN 24**
(2) K Ryan 5-9-12 ..... **Shane Gray** 97
Runs: 12 Wins: 3 (2F,G) Places: 1 £34,451
Much better last twice, no reason can't get amongst it, e-way player

8 -73031 **DOUBLE PARKED 45**
(6) T Easterby 4-9-11 ..... **David Allan** 92
Runs: 17 Wins: 4 (2F,GS,G) Places: 7 £50,849
Yard is a bit quiet, trip no issue, found feet again last twice, threat

9 973-04 **GALYX 60**
(1) J Channon 5-9-9 ..... **Nicola Currie** 91
Runs: 10 Wins: 2 (2S) Places: 2 £19,552
Hasn't had soft ground yet this season, good mark when all drops right

10 004221 **DWINDLING FUNDS 17 (CD)**
(12) J Goldie 5-9-6 ..... **Paul Mulrennan** 95
Runs: 25 Wins: 7 (2F,2S,GS,2G) Places: 6 £64,230
Career high mark now, course form, needs more but not ruled out

11 24-222 **SWIFT SALIAN 61 (C,D)**
(8) D & N Barron 5-9-4 ..... **William Pyle** 88
Runs: 27 Wins: 3 (S,GS,G) Places: 9 £48,421
Beaten fair and square by Unit at Notts, 8lb better off, needs more

12 389340 **STRENGTH OF SPIRIT 12**
(10) K R Burke 3-9-4 ..... **Jack Nicholls (3)** 86
Runs: 11 Wins: 3 (F,GS,G) Places: 2 £45,535
Not been at best so far this year, more to prove than most in this, risky

13 24-506 **BRIGID'S WELL 37**
(11) H Palmer 3-9-3 ..... **Andrew Mullen** 87
Runs: 7 Wins: 1 (G) Places: 1 £10,888
Better latest but poor this season, looks tall order on paper, watched

14 -92503 **BLUE TO BLUE 23**
(9) R Jefferson 3-8-13 ..... **Billy Garritty** 85
Runs: 13 Wins: 3 (A,2G) Places: 2 £29,814
Third in small field latest, this harder, not much form puts him in picture

BETTING: 10-3 Return To Unit, 11-2 Dwindling Funds, 8 Double Parked, 10 Spoken Truth, Cadarn, 12 Point Of Contact, Impartiality, 14 Galyx, 16 Strength of Spirit, Altareq, Swift Salian, 20 Brigid's Well, 25 Blue To Blue
WHERE FAVOURITES FINISHED: 9 1 8 6 2
2025: Danger Bay 3-9-9, C Rodriguez 5-2 (E Bethell), drw 6, 7 ran.

7.30 FOLLOW US ON X AT HAMILTONPARKRC HANDICAP (5); value to the winner £4,187; 1m. (10 runners)

1 (6) 6-12646 **QUIET RESOLVE 17 (CD)** A Brown 5-10-1 ..... **Sean Kirrane 91**
2 (3) 108-909 **PINK AZALEA 64 (D)** J & S Quinn 4-9-13 ..... **Jake Dickson (5) 86**
3 (4) 3-97 **REAL TROUPER 19** C Lidster 4-9-13 ..... **David Allan 87**
4 (2) 37-7726 **TORALOU 39 (D)** M Loughnane 5-9-12 ..... **Dougie Costello 96**
5 (9) 5-44435 **EPIDAVROS 55 (P★;C,D)** K Scott 5-9-12 ..... **P J McDonald 95**
6 (10) 3193345 **SANAFI ZABEEL 3 (CD)** J Goldie 5-9-9 ..... **Paul Mulrennan 98**
7 (8) 0804323 **SECOND FIDDLE 25 (CD)** I Jardine 7-9-9 ..... **Andrew Mullen ●99**
8 (7) 8-175 **SOGNIAMO 25 (C)** D O'Meara 3-9-7 ..... **Daniel Tudhope 93**
9 (5) 650-37 **TURTLE REEF 33** H Palmer 3-9-5 ..... **Alistair Rawlinson 89**
10 (1) 32469 **VITALITY 38 (H★)** C Johnston 3-9-4 ..... **Sean D Bowen 90**

BETTING: 3 Sanafi Zabeel, 7-2 Second Fiddle, 6 Epidavros, 7 Sognimo, 10 Real Trouper, Quiet Resolve, 12 Toralou, Vitality, Turtle Reef, 20 Pink Azalea
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

8.00 EVERY RACE LIVE ON RACING TV HANDICAP (4); value to the winner £5,286; 6f. (14 runners)

1 (4) -23164 **STATION X 59 (D)** B Smart 4-9-10 ..... **Paul Mulrennan ●99**
2 (12) 5261310 **TRILBY 17 (D)** S England 6-9-9 ..... **P J McDonald 97**
3 (9) 125-542 **TERRITORIAL KNIGHT 36 (D)** K Ryan 4-9-9 ..... **Shane Gray 98**
4 (13) 074-609 **MILFORD 32 (V;C)** J Camacho 4-9-9 ..... **Daniel Tudhope 87**
5 (11) 04-9516 **NOVAMAY 25 (D)** M Dods 4-9-8 ..... **Sean Kirrane 90**
6 (1) 2012-41 **U SURE DO 95 (D)** T Easterby 4-9-8 ..... **David Allan 96**
7 (2) /040-49 **NEVER JUST A DREAM 32 (D)** T Kent 6-9-7 ..... **Alistair Rawlinson 87**
8 (14) 28-1220 **PARISIAC 36 (C,D)** I Jardine 7-9-3 ..... **Jack Nicholls (3) 90**
9 (3) 035-321 **TOP JUGGLER 32 (CD)** S Spencer 4-9-3 ..... **Dale Swift 97**
10 (7) 3311255 **CARGIN BHUI 121 (BF,D)** D & N Barron 5-9-1 ..... **William Pyle 93**
11 (8) 400-000 **BERGERAC 41 (C,D)** K Ryan 8-9-1 ..... **Oisin McSweeney 82**
12 (10) -550148 **NOT ME 15 (P★)** A Brown 5-8-8 ..... **Sean D Bowen 89**
13 (5) 3004443 **DANDY MAGIC 18 (BF,D)** J Goldie 4-8-7 ..... **Lauren Young (5) 94**
14 (6) 1216130 **IRIS DANCER 10 (B;CD)** T Davidson 8-8-4 ..... **Andrew Mullen 91**

BETTING: 10-3 Station X, 6 U Sure Do, 7 Top Juggler, 8 Territorial Knight, 10 Trilby, Cargin Bhui, 12 Parisiac, Novamay
WHERE FAVOURITES FINISHED: 1 1
2025: Sir Garfield 4-9-5 Jason Hart 5-2 Fav (J & S Quinn) drawn 10, 10 ran.

8.30 BOOK YOUR CHRISTMAS PARTY AT HAMILTON PARK HANDICAP (6); winner £3,664; 1m 4f. (9 runners)

1 (3) 39-7431 **EBONY MAW 36 (B)** E Whillans 9-9-12 ..... **P J McDonald ●99**
2 (2) -509151 **PATRICK STREET 3 (D)** A Kinirons (Ire) 7-9-12(4ex) ..... **Yudish Geerdharry (7) 93**
3 (4) 368-764 **MR WITHINGTON 11 (B★)** E Whillans 5-9-9 ..... **Greg Fairley 90**
4 (7) 5/987-4 **GAME MANAGEMENT 1** L Quinlan 5-9-8 ..... **Barry McHugh 82**
5 (6) 8476-41 **SATYRESS 49 (D)** H Bethell 4-9-7 ..... **Sean D Bowen 98**
6 (8) 348-70 **SPIRIT OF NATURE 1** J Goldie 4-9-7 ..... **Paul Mulrennan 86**
7 (5) -096480 **STORM ON JURA 3** J Goldie 4-9-6 ..... **Lauren Young (5) 87**
8 (9) 8242273 **FALAISE BLANC 3 (B)** K Scott 4-9-4 ..... **Jake Dickson (5) 90**
9 (1) 5-63842 **FAIRYDALE 20 (B)** T Easterby 3-9-0 ..... **David Allan 95**

BETTING: 3 Satyress, 7-2 Ebony Maw, 5 Fairydale, 7 Patrick Street, Falaise Blanc, 8 Mr Withington, 14 Game Management, 16 Spirit Of Nature, Storm On Jura
WHERE FAVOURITES FINISHED: 1 4 2 1 7
2025: Twoforthegutter 5-9-12 Jason Hart 13-2 (C Kellett) drawn 2, 11 ran.

PRO BETS

EYECATCHER: IMPARTIALITY (7.00 Hamilton) looked like his turn was near when second at Chester.
SUPER SPEED: SPIRIT OF ATHENE (3.30 Lingfield) clocked a good time when scoring at Sandown on her latest start.
GAMBLED ON: SOUFFLER (4.30 Lingfield) was backed from 15-2 down to 5-1 before winning last time.

RACING RESULTS

AYR

1.45: 1 NEXT OF KIN C Fallon (10-11 fav); **2 Mysme** (5-1); **3 Ashina** (12-1). 8 ran. nk; 2l. W Haggas. T: £1.91; £1.10, £2.20, £2.20. Ex: £7.60. Trifecta: £43.90. CF: £6.47. NR: Dadawada.

2.15: 1 HOSTELRY Joanna Mason (5-2 fav); **2 Due Respect** (9-1); **3 Millbuie** (11-4). 10 ran. 2l; 1/2l. R Carr. T: £3.38; £1.30, £2.70, £1.10. Ex: £23.60. Trifecta: £71.70. CF: £22.77. NR: Royal Baroness, Sanny Doo. Royal Baroness| Rule 4 applies to All Bets, deduct 5p in the £.

2.45: 1 CATTON LADY Joanna Mason (12-1); **2 Novak** (7-1); **3 Keep Me Stable** (9-1). 12 ran (Kelpie Grey 3-1 fav). 1l; 1l. M & D Easterby. T: £15.70; £4.50, £2.70, £2.90. Ex: £117.20. Tricast: £826.64. Trifecta: £910.20. CF: £98.88. NR: Gressington.

3.15: 1 OBITO D Tudhope (9-2); **2 Star Cast** (6-1); **3 Mano Chicago** (11-1). 13 ran (Pearl Eye 10-3 fav). 2 3/4l; shd. D O'Meara. T: £5.50; £1.80, £1.90, £3.90. Ex: £36.90. Tricast: £289.70. Trifecta: £297.40. CF: £32.69. NR: Break The Bank.

3.45: 1 WHITE UMBRELLA T Eaves (12-1); **2 Macedonian** (16-1); **3 Edmond Halley** (3-1 fav). 13 ran. 3/4l; 1l. C Kellett. T: £13; £1.50, £4.20, £6.30. Ex: £256.90. Tricast: £759.69. Trifecta: £1740.70. CF: £202.23. NR: Lanarra, Monastere, Water Of Leith.

4.15: 1 NATURALIA P Mulrennan (3-1 fav); **2 Recobella** (13-2); **3 Idyllic** (5-1). 12 ran. hd; 1/2l. D Whillans. T: £4.10; £1.60, £2.10, £2.20. Ex: £22.70. Tricast: £99.36. Trifecta: £137.90. CF: £23.81.

4.45: 1 WEST TYRONE Shane Gray (14-1); **2 Tee Aitch Aye** (7-2); **3 Ceinture D'orion** (17-2). 11 ran (Spirit Catcher 10-3 jtfav, Royal Blaze 10-3 jtfav). 3/4l; 3/4l. Lizzie Quinlan. T: £17.30; £4.40, £1.80, £3.40. Ex: £110.30. Tricast: £463.10. Trifecta: £837.60. CF: £65.18. NR: Onyeisi.

5.15: 1 KEEP AN EYE ON IT D Nolan (3-1 fav); **2 Hatamoto** (5-1); **3 Vega Storm** (11-2). 10 ran. 1 1/4l; 1l. T Coyle & K Wood. T: £4; £1.90, £1.90, £2.30. Ex: £19.30. Tricast: £81.49. Trifecta: £90.50. CF: £17.74.

JACKPOT: Not won, pool of £11,883.70 carried over.

PLACEPOT: £103.80 **QUADPOT:** £64

KEMPTON

2.30: 1 TIKKA D Muscutt (11-2); **2 Rhythm Of My Heart** (11-4 fav); **3 Hidden Beyond** (5-1). 12 ran. 3l; 1/2l. J Fanshawe. T: £6.50; £2.10, £1.60, £2.10. Ex: £25.70. Trifecta: £100.90. CF: £21.39.

3.00: 1 TREDEGAR SQUARE D Muscutt (16-1); **2 Thespian Queen** (17-2); **3 Reichenbach Falls** (33-1). 12 ran (Dreamed 11-4 fav). 2 1/4l; nk. J Fanshawe. T: £17; £4.40, £2.10, £8.90. Ex: £121.50. Trifecta: £3082.40. CF: £143.72.

3.30: 1 MAGICAL LIFE David Egan (3-1 jtfav); **2 Bollengo Boy** (3-1 jtfav); **3 Ten Of Clubs** (10-1). 9 ran. 6 1/2l; 1 1/4l. J S Moore. T: £4; £1.30, £1.60, £3.20. Ex: £13.60. Tricast: £79.99. Trifecta: £98.60. CF: £12.34.

4.00: 1 FALLACIOUS PROMISE L Morris (3-1); **2 Santiago Boy** (50-1); **3 Alkumatic Jo Jo** (18-1). 14 ran (Roi De Coeur 2-1 fav). 3l; shd. J Butler. T: £4; £1.50, £11.10, £5.10. Ex: £206.80. Tricast: £2548.58. Trifecta: £3556.20. CF: £169.63.

4.30: 1 FLIGHTOFTHEPHOENIX Jason Watson (10-3 jtfav); **2 Hot Silk** (7-1); **3 Ghost Story** (4-1). 10 ran (Mohaab 10-3 jtfav). hd; 7/4l. C Hills. T: £4.34; £1.50, £1.90, £1.90. Ex: £28.90. Tricast: £97.54. Trifecta: £115.50. CF: £27.37.

5.00: 1 SENOR CORTEZ J Callan (8-1); **2 Maxident** (2-1 fav); **3 Believitanducan** (3-1). 12 ran. 5 1/2l; nk. J Butler. T: £9.70; £2.50, £1.50, £1.90. Ex: £40.20. Tricast: £63.65. Trifecta: £223.20. CF: £25.29.

PLACEPOT: £202.80 **QUADPOT:** £11.40

WINDSOR

5.45: 1 MYTHOLOGICAL STAR C Howarth (2-1 fav); **2 Shady Bay** (9-2); **3 Just An Hour** (9-4). 6 ran. nk; 1l. D & C Kubler. T: £3; £1.40, £2.50. Ex: £10.90. Trifecta: £19.70. CF: £10.87.

6.15: 1 KEEP KICKING ON H Crouch (7-2); **2 Everatease** (8-1); **3 Harry Knows** (4-5 fav). 5 ran. shd; nk. C Cox. T: £4.90; £1.80, £2.80. Ex: £28.80. Trifecta: £44.50. CF: £28.38.

6.45: 1 REAL BULLET B Loughnane (6-5); **2 Wateera** (8-11 fav); **3 Major Looktwice** (22-1). 5 ran. 2l; 2 1/4l. G Boughey. T: £2.20; £1.20, £1.10. Ex: £2. Trifecta: £3.80. CF: £2.34. NR: Goldtrader.

7.15: 1 TREFOR K Shoemark (13-2); **2 Diligently** (11-2); **3 Indian Run** (11-1); **4 Dream Composer** (40-1). 16 ran (King Of Light 7-2 fav). 1/2l; nk; 1/4l. O Hills. T: £7.50; £2.60, £1.80, £3.30, £8. Ex: £52.80. Tricast: £316.42. Trifecta: £1075.30. CF: £43.44.

7.45: 1 MOONSWEPT Ebrahim Nader (17-2); **2 Mystic Music** (50-1); **3 Sterling Fortune** (9-2). 8 ran (Princess Honey Bee 4-7 fav). 1l; hd. D & C Kubler. T: £11.70; £2, £5.90, £1.60. Ex: £483.50. Trifecta: £5041.70. CF: £279.79.

8.15: 1 MY OLD MATE B Loughnane (8-15 fav); **2 Torbados** (11-1); **3 Creciente** (9-2). 10 ran. 4l; shd. G & J Moore. T: £1.54; £1.10, £2.80, £1.60. Ex: £8.10. Tricast: £18.31. Trifecta: £29.50. CF: £8.13. NR: Twilight Baby.

PLACEPOT: £277.60 **QUADPOT:** £34

BALLINROBE

5.26: 1 NICKY LARSON S W Flanagan (4-1); **2 Minella Buoy** (2-1 fav); **3 No Bother Aoife** (13-2). 13 ran. 5 1/4l; 2 1/4l. P Nolan. T: €5; €1.60, €1.40, €2.10. Ex: €14.70. Trifecta: €68. CF: €13.16.

5.57: 1 BE MY FORTUNE J W Kennedy (14-1); **2 Crystal Mariner** (9-2); **3 Texas Red** (7-2). 15 ran (How's Ellie 5-6 fav). 3 1/4l; 1 1/4l. G Elliott. T: €16.70; €3.70, €1.80, €1.80. Ex: €138.90. Trifecta: €457.50. CF: €84.24. NR: Kalinka De Loire.

6.27: 1 KOEUR A PRENDRE D King (10-3); **2 Fremantle Doctor** (12-1); **3 Go To Town** (6-1). 14 ran (Chemdawg 3-1 fav). 1l; 1/2l. M Molloy. T: €4.34; €1.40, €3.60, €2.10. Ex: €50.30. Tricast: €248.49. Trifecta: €498.10. CF: €44.65.

6.57: 1 EURO MAKER E Finegan (9-1); **2 Cool Summer** (4-1); **3 The Toothpicker** (9-1). 15 ran (Max Meridius 7-2 fav). 1/2l; 1/2l. A Murray. T: €11.30; €3.40, €1.60, €3.20. Ex: €57.70. Tricast: €354.63. Trifecta: €727.60. CF: €48.32. NR: Bangor Lady, Calm Flight Ahead, Ikalimix, Moulane West.

7.27: 1 DOWN AROUND S Ewing (7-2); **2 Killowen House** (11-2); **3 Run For The Border** (3-1). 7 ran (Ladiam 5-2 fav). 1/2l; 1/2l. G Elliott. T: €4.50; €2.20, €2.70. Ex: €24.50. Tricast: €64.18. Trifecta: €120.50. CF: €23.67. NR: Lord Ffrench.

7.57: 1 WALKINGMAYOTOMILAN Shane Markey (17-2); **2 Keep Em Quite** (15-8 fav); **3 Rumi Rock** (9-1). 14 ran. 1 3/4l; 3/4l. R O'Sullivan. T: €9.50; €2.10, €1.50, €2.90. Ex: €30.40. Trifecta: €161.70. CF: €26.69. NR: Go To The Moon, Scotty Joe.

8.30: 1 NOTHING HECTIC P T Enright (14-1); **2 Poetic Focus** (4-1 fav); **3 Pilgrims Walk** (8-1); **4 Moonshine Girl** (9-2). 16 ran. 1/2l; 1 1/2l; 4l. Miss H McLoughlin. T: €19.10; €3.60, €1.70, €2.20, €1.60. Ex: €116.40. Tricast: €517.06. Trifecta: €1070.50. CF: €75.76. NR: Joshua Chamberlain, Tawny Lea, The Little Yank.

PLACEPOT: €253.20

DOG TIPS AND RETURNS

SELECTIONS

■**SHEFFIELD: 11.01 Dip Yer Bread (2-4-6) 11.18 Caremone Lady (6-1-4) 11.34 Windgap Frost (5-6-3) 11.52 Anglesey Herring (2-3-5) 12.09 Catunda Echo (nap) (4-6-5) 12.26 Mistley Memory (1-2-5) 12.42 Golden Lion (6-3-2) 12.59 Russanda Bertha (2-1-4) 1.17 Ardnasool North (5-3-2) 1.33 Stormy Daisy (nb) (4-5-6) 1.51 Gurtnacrehy Mark (2-3-6) 2.07 Stouke Lulu (3-6-2)**
■**NEWCASTLE: 11.09 Eileens Larue (4-2-1) 11.27 Newinn Zulu (4-2-3) 11.43 Coppice Sioux (3-1-5) 12.01 Slaneyside Boyne (5-3-6) 12.18 Blackhouse Flock (6-3-2) 12.34 Patriot Missile (nap) (6-1-5) 12.51 Nanna Betty (nb) (1-3-5) 1.08 A Bit Of Trudy (3-6-5) 1.26 Westons Skeleton (1-3-5) 1.42 Charlies Top Gun (5-1-3) 1.59 Canny Smokey (5-6-2) 2.14 Wraysbury Orchid (1-5-6)**
■**ROMFORD: 2.23 Keiths Prezzie (4-5-6) 2.41 Amelias Tag (nap) (3-2-1) 3.01 Goulane Vegas (1-4-6) 3.19 My Sweet Boy (3-1-6) 3.38 Potentia Forever (2-5-3) 3.57 Ashwood Links (4-3-1) 4.16 Bubbly Babs (nb) (2-1-4) 4.34 Houdini Lass (6-5-4) 4.53 Burgess Sharon (1-3-4) 5.12 Hawkfield Grant (6-4-2) 5.31 Ballymac Carlina (2-3-4) 5.49 Droopys Peru (6-1-3)**
■**MONMORE: 2.31 Cazzers Ellie (nap) (6-2-3) 2.49 Hawkfield Bionic (1-5-6) 3.09 Sugar Gold (3-5-6) 3.27 Aero Benny (nb) (4-5-2) 3.47 Tromora Force (3-1-6) 4.04 Inca Darling (3-1-6) 4.24 Bits And Bobs (5-1-4) 4.42 Mon Amis (1-2-4) 5.01 Angleseyparadise (6-3-5) 5.19 Noduff Tropicana (4-5-3) 5.37 Longacres Boycie (5-1-4) 5.57 Whisky On Fire (3-5-2)**

RETURNS

■**DUNSTALL PARK: 11.01 Attitude 5-1 (3-2-1 BAGS F £23.06 TC £55.17). 11.18 Crokers Alex 13-8f (4-6-2 £16.40 TC £41.69). 11.34 Pharis Roxy 2-1 (1-5-4 £6.51). 11.52 Coalville Clover 9-2 (2-4-6 £37.02 TC £62.09). 12.09 Brosna Lenson 5-2 (3-2-1 £9.88 TC £26.33). 12.26 Flush Seskin 10-3 (1-3-2 £12.68 TC £39.44). 12.42 Amys Star 2-1jt (6-2-3 £7.15 TC £20.00). 12.59 Taffy Wrexham 9-4 (2-5-4 £11.65). 1.17 Edial Solo 5-1 (3-2-1 £19.61). 1.33 Mercia Diana 2-1f (1-5-2 £36.80 TC £112.89). 1.51 Rude Elsie 5-4f (4-6-2 £5.43 TC £17.14). 2.07 Flyhigh Sophie 9-4jt (2-5-1 £14.57 TC £52.04).**
■**ROMFORD: 11.09 Roanna General 5-4f (5-3-4 BAGS F £5.39). 11.27 Four Votes 7-2 (6-5-1 £25.12 TC £85.43). 11.43 Chelms Harry 9-4 (4-3-1 £11.99). 12.01 Smiling Ollie 9-2 (6-2-1 £25.89 TC £85.79). 12.18 Too Spicy 4-1 (2-5-3 £18.09 TC £43.68). 12.34 Public Reaction 6-5f (2-3-4 £4.66). 12.51 Catunda Steph 13-8f (4-5-6 £7.45). 1.08 Zinedine Zedog 5-2 (4-1-3 £11.42). 1.26 Ritzy Rosie 11-4 (2-6-5 £14.47 TC £74.61). 1.42 Jays Bruno 5-4f (2-1-3 £6.40 TC £24.33). 1.59 Allowdale Chloe 9-2 (1-2-3 £35.62 TC £119.22). 2.14 Snoopys Gold 7-1 (5-3-4 £39.57 TC £79.41).**
■**MONMORE: 2.23 Westway Freedom 7-1 (4-2-5 BAGS F £41.18 TC £206.41). 2.41 Rhyming Ella 5-1 (3-4-5 £26.40 TC £114.40). 3.01 Moorstown Brae 5-2 (2-4-5 £12.98 TC £51.90). 3.19 Dromano Echo 11-8f (1-2-6 £6.95 TC £15.71). 3.38 Whisky N Coke 9-4jt (3-6-5 £9.86 TC £32.63). 3.57 Good Bobcat 7-2 (4-2-5 £35.72 TC £96.46). 4.16 Elderberry Bingo 10-3 (6-4-1 £13.14 TC £23.89). 4.34 Drumdoit Milo 6-1 (5-2-6 £37.42 TC £107.53). 4.53 Winterfield Rain 6-1 (4-6-1 £24.62). 5.12 Chilledout Chick 10-3 (6-5-1 £22.05 TC £65.15).**
■**SUNDERLAND: 2.29 Lightupthesky 7-2 (1-6-5 BAGS F £14.12 TC £58.19). 2.48 Kittys The Boss 11-10f (6-1-4 £4.93). 3.07 Monday One 5-4f (6-1-2 £7.00). 3.26 Black Rikke 9-2 (1-4-5 £18.92). 3.44 Jacktavern Nicky 6-4f (6-5-2 £7.82 TC £17.28). 4.03 Mister Bull 5-2 (3-4-5 £13.30). 4.22 People Watching 9-4 (2-6-4 £20.81). 4.41 Marwood Raven 2-1f (1-4-3 £17.79). 4.59 Put Onmy Socks 5-4f (2-4-5 £7.33). 5.18 That Is It 15-8f (4-1- £8.73).**

DIVERSION

From Page One

Stakes on the all-weather a week later, so that's our Plan B. He's very happy and in good form."

Hendo hasn't got a long-term plan set in stone for the rest of the season with Constitution Hill.

He has had interest from officials in Australia, who are trying to tempt him Down Under for the Melbourne Cup in November, but there are also plenty of options closer to home.

He added: "My assistant George Daly has been scouring the programme book in Ireland, France and Germany. We'll see what happens."

On the theme of needing some rain with another heatwave about to hit, the Jockey Club's head of operation's in Lambourn has warned jumpers returning from their summer holidays could be severely impacted by the continuing dry spell.

Will Riggall said: "We've not used the grass gallops for weeks and it will have a knock-on effect in the autumn."

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